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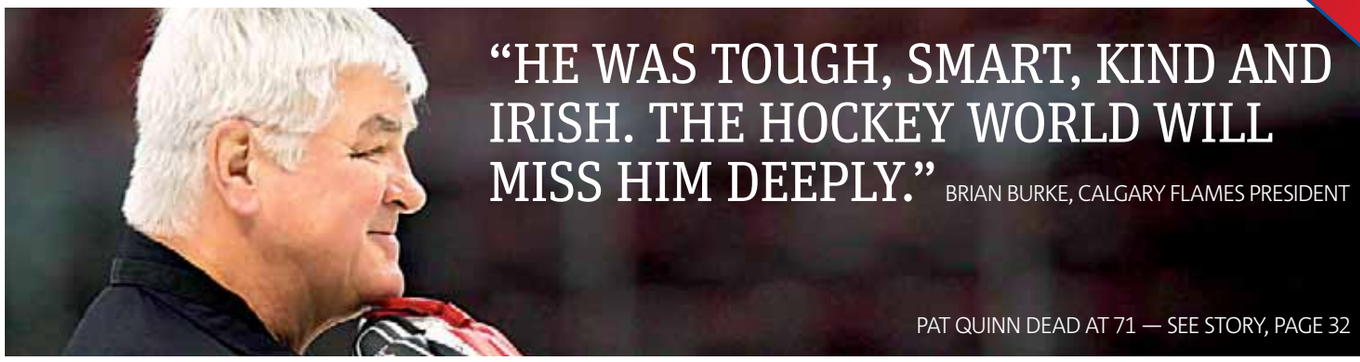


"HE WAS TOUGH, SMART, KIND AND IRISH. THE HOCKEY WORLD WILL MISS HIM DEEPLY." BRIAN BURKE, CALGARY FLAMES PRESIDENT

PAT QUINN DEAD AT 71 — SEE STORY, PAGE 32

'We're ready for battle'

Ferguson. Obama calls for calm as violence erupts after news officer won't be charged in death of Michael Brown

Violent protests erupted after a grand jury decided not to indict a Ferguson police officer in the death of an unarmed, black 18-year-old whose fatal shooting by a white officer sparked weeks of demonstrations and exposed deep racial tension between many African-Americans and police.

U.S. President Barack Obama and the family of Michael Brown asked for calm after a prosecutor announced the decision Monday evening that the grand jury decided not to indict officer Darren Wilson for the August shooting, prompting an angry response from demonstrators. Police used smoke and pepper spray after protesters grew violent Monday night in Ferguson, Mo., where police cars were vandalized and several gunshots were heard.

Wilson's fatal shooting of Brown after an Aug. 9 confrontation reignited a fierce debate over how police treat young African-American men and focused attention on long-simmering racial tensions in Ferguson and around the U.S., four decades after the 1960s civil rights movement. Police were criticized for responding to protests with armoured vehicles and tear gas.

Obama said from the White House that Americans need to accept the decision that the grand jury made. He said it was understandable that some Americans would be "deeply disappointed — even angered," but echoed Brown's parents in calling for any protests to be peaceful. In a late-night statement, the first black president also urged Americans not to deny recent progress in race relations in the U.S., the protests in Ferguson notwithstanding.

Just minutes after the announcement, St. Louis County police used a bullhorn to order a crowd outside the Ferguson Police Department to disperse, saying it had become an unlawful assembly. Protesters continued to hug the barricade and taunt police, sometimes with expletives. Some chanted "murderer." Minutes later, four gunshots were heard.

As St. Louis County Prosecuting Attorney Robert McCulloch was reading his statement, a crowd gathered around a car from which it was being broadcast on a stereo. When the decision was announced, Brown's mother, Lesley McSpadden, who was sitting atop the car, burst into tears and began screaming before being whisked away by supporters.

The crowd erupted in anger, converging on the barricade where police in riot gear were standing. They pushed down the barricade and began pelting police with items, including a bullhorn. Police stood their ground.

Several men wearing black shirts emblazed with the words "I Am Mike Brown" vowed a violent aftermath. "I am putting my face out here to say that they are preparing for war, so we are preparing for war," said one man who identified himself as D. White, age 30.

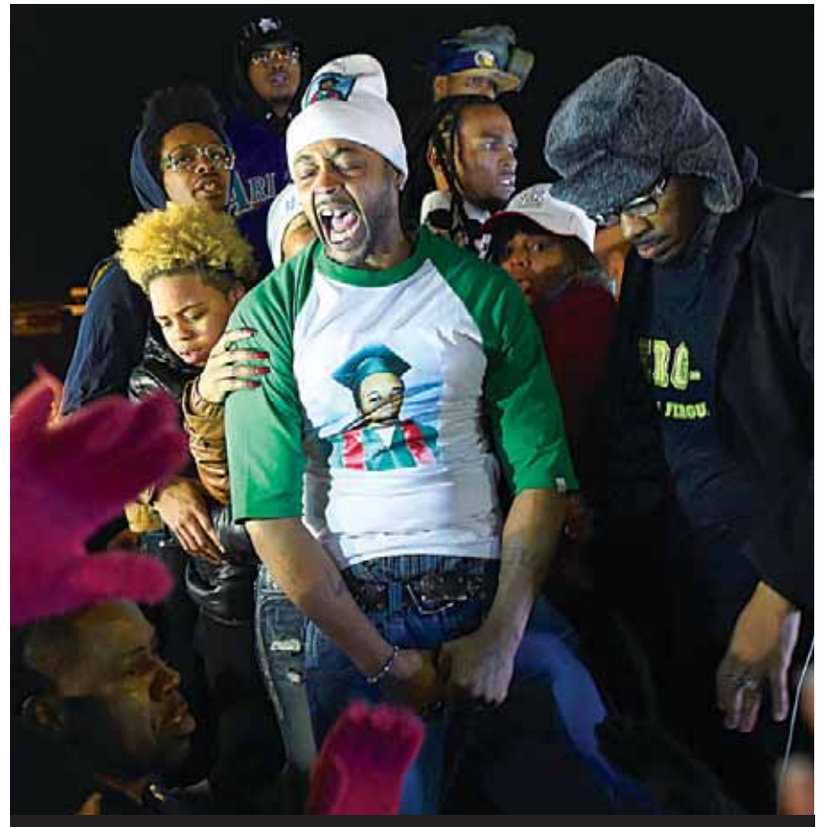
"This is not the '50s or the '60s. I don't care what Obama says; he ain't coming here, is he?" White said, adding, "We've lived with this all our lives. We have guns. We're ready for battle."

Brown's family said they were "profoundly disappointed" but asked that the public "channel your frustration in ways that will make a positive change." THE CANADIAN PRESS WITH FILES FROM TORSTAR NEWS SERVICE

More Ferguson coverage on pages 16 & 17

Quoted

"We are a nation built on the rule of law, so we need to accept that this decision was the grand jury's to make." President Barack Obama



Demonstrators react with anger and anguish outside the police station in Ferguson, Mo., on Monday night after learning that the police officer who shot dead 18-year-old Michael Brown will not face charges. JEWEL SAMAD/GETTY IMAGES

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Animal Services

City's dead-pet registry gives owners closure

Has your cat or dog gone missing? Are you fearing the worst?

The City of Toronto offers a service that might give you some closure.

The Deceased Animals Report lists all domestic animals found by Animal Services in the past 30 days. You can check for a match if your furry friend is missing, based on when and where it was found, as well as a basic description.

"We let them draw their own conclusions, but it does help to be able to tell people, because otherwise they continue to look for their pet, and it's sort of an unanswered question for them," said Mary Lou Leiher, program director with Animal Services. "It's really, really hard for a lot of people."

Animal Services picks up the remains of dead animals reported around the city. They scan cats and dogs for a microchip before adding their information to the report.

If someone calls while the pet is still in the freezer, they can come down to have a look. But generally, pet owners need to go on only the description.

"Our staff try to be really sensitive about it, but it is better that (owners) get the information than just having a loose end," said Leiher.

The city provides its data to Helping Lost Pets, a missing-pet registry in the U.S. and Canada.

Some 1,016 cats and 223 dogs were entered into the Deceased Animals Report database in 2013.

TORSTAR NEWS SERVICE

Commuters asked to sacrifice for Pan Am

June 29 to Aug. 18.
Plans rolled out for dealing with influx of travellers in Toronto

JESSICA SMITH CROSS
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The provincial government is asking Torontonians to change their transportation habits during the Pan Am and Parapan Am Games, but the Minister in charge of transportation won't say how badly residents' commutes will be affected.

Minister of Transportation Steven Del Duca is urging people to avoid travelling during rush hour, to carpool and to walk or cycle during next year's events.

From June 29 to Aug. 18, one lane in each direction along major routes will be turned into a temporary High Occupancy Vehicle lane, including the 427, 404, 401, QEW, Don Valley Parkway, Gardiner Expressway, Lakeshore Boulevard and Jane Street. Those lanes will be unavailable to most other commuters from 5 a.m. to midnight.

The Games are expected to add an estimated 7,500 athletes, 23,000 volunteers, 4,000 members of the media and 1.4 million spectators to commutes in the Greater Toronto and Hamilton Area.

"I think we have a plan in place that will keep our region moving," Del Duca said Monday, answering repeated questions about exact estimates for commute delays.

Toronto mayor-elect John Tory said he will be briefed on the transportation plans and will insist they don't "grind the city to a halt."

"We want the Pan Am Games to be a success in every single way. But we also have to carry on business in the city, and people have to carry on with their lives," he said.

The 235 kilometres of HOV lanes will include 50 kilometres of existing HOV lanes. They will be reserved for Games vehicles, media, emergency vehicles, electric vehicles with green plates, transit, taxis and any vehicle with three or more occupants. The Ontario Provincial Police-led Integrated Security Unit, which is responsible for Games security, is creating an enforcement plan for the HOV lanes.

In addition, spectators will be able to show their event tickets to get free access to public transit. The price of the Union Pearson Express, which has not yet been set, will not be included.

Extra transit capacity and a shuttle-bus system will be set up to help funnel spectators to events, Del Duca said. Spectators who need accessible transportation will be able to book options.

This map shows the official Pan Am Games routes in blue and the temporary HOV lanes in yellow. The dots are Games venues. COURTESY MINISTRY OF TRANSPORTATION

Details

The Pan Am Games run July 10-26. The Parapan Am Games run Aug. 7-15 in the same areas.

- There are more than 30 competition venues for the Games spread across the GTHA, the Kawartha area and Muskoka.
- Costs associated with the transportation plan are estimated at $61 million.

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Posting for unpaid articling job draws ire

Law. Articling positions, a prerequisite to becoming a lawyer, are increasingly hard to find

A community legal clinic in Oshawa is under fire from student campaigners after it advertised a 10-month unpaid articling position on Legal Aid Ontario's official website.

Unpaid articling positions are legal in Ontario, but they are conventionally salaried roles. An articling position is one of the requirements to become a fully licensed lawyer.

Unpaid work of this kind is "definitely not common practice," said Claire Seaborn, president of the Canadian Intern Association and an articling student at Torkin Manes LLP in Toronto. "Everyone I know who is articling is being paid."

Responding to a Torstar News Service query about the job posting made by the Durham Community Legal Clinic, the executive director of the Association of Community Legal Clinics, Lenny Abramowicz, said the organization would "love" to offer paid positions, but was unable to do so due to lack of resources.

"If Legal Aid gave funding to every clinic to hire an articling student, every clinic would do that and pay them in accordance," he said.

Genevieve Oger, a spokesperson for Legal Aid Ontario, said the organization is "a publicly funded organization" that needs to use its funds "wisely, in a way that will help the greatest number of people."

Oger said all articling positions with Legal Aid Ontario itself are fully paid, and that the job ad for the Durham Community Legal Clinic had been posted "as a courtesy."

"I've worked in any number of legal clinics over my career. That's the work that a lawyer would do," said labour lawyer Andrew Langille, who called the posting "utterly absurd."

Legal Aid

There are 75 community legal clinics in Ontario. They operate independently but receive the vast majority of their funding from Legal Aid Ontario. Funding includes money for paid articling positions, but only enough for about four or five salaried roles across Ontario.

Abramowicz said legal clinics are increasingly being approached by law students unable to find paid articling positions, adding: "It's a more fundamental problem to the whole idea of articling, and if the profession can't support articling any more in the way that it used to."

According to the Law Society of Upper Canada, there are more than 2,200 law students seeking to be licensed this year in Ontario — a number increasing by five per cent per year.

TORSTAR NEWS SERVICE

No more gift cards in exchange for blood

Technician Helena Marques helps Michael Manning give plasma at Canadian Plasma Resources in Toronto in this file photo from March. The private plasma clinic says it is cancelling plans to open seven other locations in Ontario, but will try to keep operating despite the province's proposed ban on payments to people for their blood and blood plasma. Company officials said they plan to keep their three clinics — two in Toronto, one in Hamilton — going without offering the $25 in gift cards or charity donation previously offered, but that it will be too hard to attract enough donors to make the business viable. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Mayor-elect looking for co-operation

Getting things moving. John Tory wants to put the pedal to the metal on his SmartTrack transit plan

JESSICA SMITH CROSS
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John Tory is calling on the various agencies that plan and build transit in Toronto to work together, develop a sense of urgency and build SmartTrack quickly.

Tory met Monday with the heads of the TTC and Metrolinx, the city's chief planners and his transition team to discuss SmartTrack. He opened with a speech, saying that a lack of co-operation has been more harmful to the development of new transit in Toronto than a lack of money.

"I don't think the public really spends a lot of time thinking about what agency is building something and who gets to make a certain decision or who runs something," Tory said. "They just want dependable, reliable service to get them where they need to go."

There have been "decades," he noted, marked by "an apparent atmosphere of confrontation or of at least semi-chaos where nobody is really sure who is in charge," he noted.

Metrolinx is already doing studies, looking for fixes to some of the SmartTrack problems brought up during Tory's mayoral campaign, including development on the Richview Expressway and a sharp turn in the Mount Dennis area.

Tory has been speaking with members of council "from all points on the spectrum" and all parts of the city. So far, he said, none have said they'll stand against the plan.

Smart what?

- **SmartTrack.** The city-wide transit plan was Tory's signature promise during his 2014 mayoral campaign.
- **What's his plan?** The rail service will use tracks from Mississauga to Union Station, and up to Markham, mostly on existing GO lines.

Mayor-elect John Tory met with transit officials about SmartTrack.
ANDREW FRANCIS WALLACE/TORONTO STAR

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Electronic cigarettes to be sold only to those over 19

A no-smoking sign that includes electronic smoking devices.
RANDY RISLING/TORONTO STAR

The Ontario government is banning all flavoured tobacco — including menthol — and vaporizing e-cigarettes for teens as well as curbing their use throughout the province.

Associate Health Minister Dipika Damerla on Monday unveiled legislation that treats the unregulated electronic smokes like traditional cigarettes.

"If young kids see people smoking or 'vaping,' they're more likely to take up smoking or 'vaping,'" Damerla told a Queen's Park news conference.

"It's the wild west right now."

Under the proposed law, the sale and consumption of e-cigarettes would be banned for anyone under 19 as of Jan. 1, 2016, and their use would be restricted to the same places as regular cigarettes.

Scofflaws would face cash fines. Storeowners selling flavoured tobacco to a minor would see the maximum fine doubled up to $200,000 and $600,000 for a corporation that engages in youth sales.

For selling e-cigarettes to a child or teen, the fines would be up to $100,000 for a shopkeeper and $300,000 for corporate lawbreakers.

Currently, e-cigarettes can be used anywhere — including public places where cigarettes have long since been banished, such as bars and restaurants.

At the same time, flavoured tobacco, which cigarette companies often use to lure young smokers, will be outlawed, though the prohibition on menthol will be phased in.

Damerla noted the government will also step up the fight against untaxed contraband tobacco, as Finance Minister Charles Sousa announced last week.

Dr. Scott Wooder, past president of the Ontario Medical Association, said the measures "will save lives."

"Ontario's doctors welcome this legislation that works to protect our children from flavoured tobacco products and reduce the number of youth who start smoking," said Wooder.

But the National Coalition Against Contraband Tobacco warned the move could lead to more black market cigarettes.

"Banning legal menthol products, about five per cent of the market, will only drive consumers to underground illegal channels," said the coalition's Gary Grant. TORSTAR NEWS SERVICE

Police board holds carding decision

Cancelled meeting. Means new board will have to tackle the contentious issue

The Toronto Police Services Board is postponing a meeting Wednesday that could have resulted in members finalizing a new carding policy emphasizing citizen rights — before the clock runs out on the current board.

The delay means a decision on the policy won't be made until after December, when up to four new members could be appointed to the seven-member civilian body that oversees the Toronto Police Service.

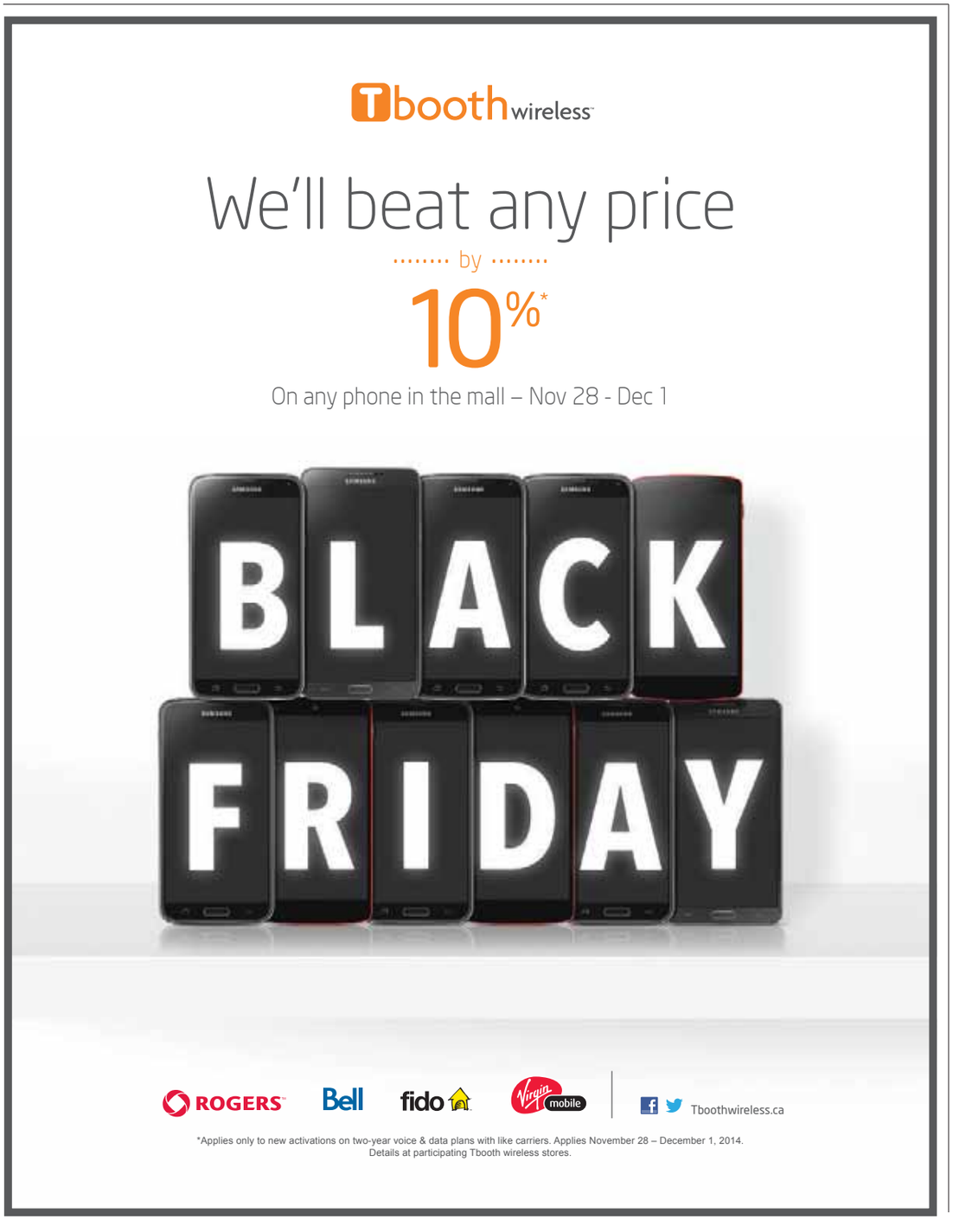
Police board member Coun. Mike Del Grande is retiring from politics, and it won't be known until next month if councillors Frances Nunziata and Michael Thompson — who have both put their names forward for consideration — will be reappointed under mayor-elect John Tory.

The board issued a news release late Monday afternoon, but no one was available to comment on the decision.

The meeting this week was called after discussion fell apart during a Nov. 13 meeting, amid accusations that a largely negative citizen survey reviewing police behaviour in 31 Division — conducted on behalf of the board — had been leaked to the press in advance of the meeting.

The assessment was ordered by the board to determine the impact in the Jane and Finch area of a new carding policy that became official in April. That policy stipulates that police can only stop and document — or "card" — an individual for a valid public-safety purpose.

THE ASSOCIATED PRESS



Snowfall in Brookfield Place

People walk by a new seasonal, interactive art installation called Snowfall at the Allen Lambert Galleria in Brookfield Place on Monday. The city's newest public artwork weighs in at 136 kilos and stands 6.5 metres. DAVID VAN DYKE/METRO

Lowe's reveals new augmented reality

Nestled between the cashiers and public washrooms at the Lowe's store at Islington and the 401 isn't the first place one would expect to find technological innovation, but the hardware retailer is hoping to surprise its customers with by launching what it is calling the Holoroom.

The company is launching an augmented reality simulator to help customers design and renovate their bathrooms.

Actually the Holoroom is little more than a metal frame and walls featuring designs of hammers and other tool patterns.

Upon arrival a customer is greeted by a store employee who takes them through an iPad app, which starts with their room's approximate dimensions, and then they can go through thousands of products, including paint swatches, fixtures and more, to custom design the bathroom of their dreams.

Once completed, they walk into the Holoroom, and with the iPad serving as a lens, they can see and walk around and see the room and get an experience of its dimensions and how it works in a 3D space.

As well, they can change things on the fly, like changing the paint colour or a different mirror. The other really neat thing is that there is dollar total of the cost of the products, so in real time, the user can tweak items to try and see how it affects the price.

One thing that people should know is that despite the name, there are no holograms involved. It is an augmented reality experience, but it is cool way to help solve a problem that many people have, visualizing the changes they want to make in a 3D space. THE ASSOCIATED PRESS

Sam Francis, a Lowes innovation lab program manager, demonstrates how the Holoroom works. TORSTAR NEWS SERVICE

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‘Sexual violence ... is a reality’: Wynne

Tackling the issue.
Premier now supports legislative committee on sexual harassment

Premier Kathleen Wynne agreed Monday to a Progressive Conservative request for a legislative committee to study the issues of sexual harassment and assault, but the Opposition accused her of playing politics.

Tory Laurie Scott had asked for a select committee with equal representation from all three parties to study sexual harassment ever since allegations against former CBC radio star Jian Ghomeshi surfaced last month, and was not happy with the offer of a Liberal-dominated standing committee.

“We want equal representation from all the parties to make it non-partisan so victims feel comfortable in coming forward,” said Scott. “By sending it to the standing committee, dominated by the government, it’s not equal.”

Wynne finally responded to Scott’s request Monday with a letter offering to have a standing committee look at the issue of sexual harassment at work and to expand its scope to include sexual violence anywhere in Ontario.

“Sexual violence and harassment is a reality in every community in this province,” wrote Wynne. “In every workplace, every campus, every context, we can and must do better.”

The “stark reality” is that thousands of women and men experience harassment and violence but do not feel safe about coming forward, added Wynne.

“We are failing these victims, and I believe that continued dialogue about this issue is an important step towards changing it,” she wrote.

The New Democrats also accused the Liberals of playing politics, noting the Conservatives have an opposition-day motion scheduled this week to debate their call for a select committee on sexual harassment in the workplace.

“It’s about one-upping,” said NDP finance critic Catherine Fife. “Clearly the premier just tried to trump the Conservatives in this, and we have no patience for that.”

Tracy MacCharles, the minister responsible for women’s issues, said the government felt the PC motion “was a bit narrow,” but added the Liberals are open to changing the makeup of the committee. THE CANADIAN PRESS

Quoted

“I’m not saying there won’t be new rules ... but I believe that we’re dealing with cultural norms that need to be shifted.”
Premier Kathleen Wynne

Festive fetish teddy bear on display

“Have a hardcore holiday,” says this window display at the Diesel store in downtown Toronto (the “holiday” part is missing in the photo). Staff at the store said it was a hardcore rock image, but is it? In these post-Jian Ghomeshi times, is there a place for a big-ears teddy with piercing and chains? DAVID VAN DYKE/METRO

Scarborough hospital

Ex-worker charged by OSC in patient records case

A Scarborough hospital employee alleged to have sold the confidential medical records of birthing mothers to financial companies has been charged with selling securities without a licence.

Shaida Bandali, a former clerk at Rouge Valley Centenary Hospital, was charged by the Ontario Securities Commission (OSC) with the “quasi-criminal” offence of “misusing” as many as 8,300 records, mostly of mothers who gave birth between 2009 and 2013. It’s the first time anyone has been charged in relation to a slew of privacy breaches revealed over recent months at numerous hospitals in the GTA.

Bandali, who has not been charged criminally, faces a penalty of up to five years less a day in jail, a fine of up to $5 million or some combination of the two. She is slated to appear in court on Dec. 12. “It’s kind of disturbing that (the company) knew so much information about (my child). They knew a lot of things that they shouldn’t have,” said Bryan Burleigh, whose wife was contacted by a saleswoman only days after giving birth.
TORSTAR NEWS SERVICE

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Jade collection hits the auction block

Going, going, gone.
Auction Tuesday at 7 p.m., at A.H. Wilkens Auctions & Appraisals

GILBERT NGABO
gilbert.ngabo@metronews.ca

Andrea Zeifman briefly examines a white piece of jade.

The usual going rate would be about $1,500 to $2,500. But, she said, it's going to sell somewhere between $5,000 and $10,000.

"Why? Because white jade is very desirable and rare, and I have a feeling everybody will want it," she says.

She should know. Zeifman, chief operating officer and senior appraiser at A.H. Wilkens Auctions & Appraisals in Toronto, spent two years wooing the owners of the rare collection of jade.

The collection — about 200 pieces dating as far back as 6,000 years — will be auctioned Tuesday and seeing it land in Toronto is considered a "huge coup," Zeifman says.

Who are the likely buyers for all those fine gemstones?

Anyone and everyone, really, Zeifman says.

They could be people of Chinese background, who have interest and knowledge of jades. They could be collectors who are looking to expand on what they already have — or dealers looking to make a buck in the future.

Many pieces will probably be purchased and sent back to China. There are a lot of collectors there, and several institutions that are interested in these pieces, Zeifman said.

Jade is considered a mystical stone in the Chinese community and has been part of the culture for thousands of years. It's a precious stone and Chinese people like to collect it as part of ritual, she explained.

"There is something really spiritual and beautiful about jade. It's considered something magical that can bring luck and prosperity," she said.

The collection has pieces in a variety of sizes, shapes and colours. Their original owner, the late Irving Langleb from Brooklyn, N.Y., lived in Asia during the industrial and cultural revolutions.

As a businessman in Japan, he created a collection of jade pieces flowing in from China and exported to the rest of the world. He died some 20 years ago, and his four sons inherited the collection and moved it to Israel, where they now live.

At a glance

The auction is at 7 p.m. Tuesday at A.H. Wilkens Auctions & Appraisals in Toronto.

- The jade collection covers the Neolithic, Shang and Han dynasties, as well as the Ming and Qing.
- Initial price tags vary depending on size, colour and history associated with objects. The range is between $200 and $12,000.
- Along with the jade, the auction features art and antiques from China, Japan, Korea and southeast Asia. There's also a collection of export porcelain and silver along with blue and white porcelain from the Republican period.

Andrea Zeifman, COO and senior appraiser at A.H. Wilkens Auctions & Appraisals in Toronto, with some of the jade that will be up for auction. DAVID VAN DYKE/METRO

Demolished. End of story for an iconic bookstore

The World's Biggest Bookstore closed its doors back in March, but the building stood intact until this past weekend when excavator machines began demolition. A Toronto landmark just off Yonge on Edward since 1980, the site is slated for redevelopment as a row of four large-scale restaurants.

News of the demolition triggered a flood of memories for many Torontonians; it was one of those stores that became a civic institution, even if its title as "world's biggest" was disputed. Opened by Jack Cole, proprietor of the Coles Books chain, it was later run by Chapters Indigo but retained its unique identity and nearly block-long signage proclaiming its jumbo status.

The abruptness of the demolition seemed like a bit of a shock, almost more than when it ceased operation.

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The father of a teen charged with 60 "swatting" offences shows off a snap-together computer that he says was sent to his home to stage his son breaching house-arrest conditions. TREVOR GREENWAY/METRO

Hacker attacks on city sites continue

Aerith. Ottawa and Toronto police sites hacked, along with the City of Toronto and City of Laval sites

TREVOR GREENWAY
Metro in Ottawa

A hacker who crashed the city of Ottawa and Ottawa Police websites over the weekend claims to have stolen data from cops and plans to release documents to media in the coming days.

Ottawa Police confirmed there was a denial of service attack on their site, but ensured the public that no data had been compromised, but the hacker, who is known as Aerith, says different.

"We indeed did breach their server. Yes we have a ton of data, and yes it will be released," said the hacker, who claims to be with the loose-knit vigilante group Anonymous, in a news release Monday evening.

"We are the ones whom took out the Supreme Court, Ottawa Police, City of Ottawa, Toronto Police, Laval Police, and more. We will be taking out more in the coming days, and we will not stop."

The hacker says there are plans to release police "emails, documents and more" and won't stop crashing city websites until police drop 60 swatting charges against a Barrhaven teen — a crime they say the teen was framed for.

The hacker also crashed the City of Toronto, Toronto Police and the government parliament websites and took down the City of Laval website Monday evening.

"When the charges are dropped (we will stop), until then, we will keep taking them offline," said Aerith in an email exchange with Metro.

The teen's father claims the hacker group Anonymous contacted him earlier this month with evidence that proves his son's innocence.

For example, he said his son was accused of using Twitter to brag about the swatting; however, tweets from the account were sent after his arrest.

Aerith says they have proof the swatting — prank calling emergency services to send out swat teams under false pretenses — was actually done by a man in New Jersey, and plan to release documents that would exonerate the teen in the coming days.

The group first attacked Ottawa.ca Friday, as users were brought to a screen with a dancing banana and a text message targeting an Ottawa police officer Joel Demore.

Police remain tight-lipped, but Chief Charles Bordeleau said that although their website is down, operation of the force remains fully functional.

WITH FILES FROM JOE LOFARO

Distributed denial of service

Hacker an 'amateur,' expert says

The hacker responsible for crashing police websites in Toronto and Ottawa is a mere "amateur," says one expert.

A hacker known as Aerith launched a distributed denial of service (DDoS) attack against municipal websites, including the home page of the Toronto Police Service over the weekend.

Such attacks flood servers with traffic making it difficult, or impossible, for people to access the site. The hacker renewed the offensive Monday, hacking into the City of Ottawa website and taking the Toronto police site offline.

A Toronto police spokesperson acknowledged the attacks Monday, but declined to discuss specifics.

"We were not hacked," Const. David Hopkinson said. "This was a denial of service attack. It's a flooding of our servers. We haven't suffered a breach."

But an online security expert said the hacker is more bark than bite.

"I'd call him an amateur," said Michael Calce.

The tools necessary to launch a DDoS attack are easily obtained. It's even possible to rent a botnet — the network of computers used to bombard a website with traffic — for as little as $20 a day. Based on what he's seen, that's precisely what he believes Aerith has done.

LUKE SIMCOE/METRO WITH FILES FROM JOE LOFARO AND TREVER GREENWAY

Blooper. Tory attempt to embarrass Grits backfires

The latest Conservative sting operation aimed at discrediting a prominent Liberal candidate has instead wound up embarrassing several Tory MPs, including senior cabinet minister Jason Kenney.

The operation involved a young Conservative operative who secretly recorded a conversation with Marlo Raynolds, the Liberal candidate in Banff-Airdrie, and two other men at a public meeting in Canmore, Alta., last week.

The recording purported to show Raynolds criticizing the Tories' recent family tax cut plan, saying it amounts to giving money to people for "arguably nothing," only to see them spend it on TVs, cars and other things that don't benefit the economy.

The recording was given to Sun News Network personality Brian Lilley, who denounced Raynolds' purported comments on his TV show and in a newspaper column.

Afterward, three MPs denounced Raynolds and the Liberals in the House of Commons.

The problem? The words attributed to Raynolds were actually spoken by another individual, Canmore resident Tam McTavish, who has publicly stepped forward to correct the record. THE CANADIAN PRESS

Nude photos

Manitoba judge to voluntarily retire

A Manitoba judge whose nude photos were posted online by her husband will voluntarily retire from the bench rather than endure another hearing into whether she should be removed from her position.

A three-person panel investigating Associate Chief Justice Lori Douglas approved a settlement between the judge and the Canadian Judicial Council Monday.

Under the agreement, Douglas will retire in May. The judicial council said pursuing the matter after Douglas retires would not be in the public interest.
THE CANADIAN PRESS

'I am an innocent man'

Possible case of wrongful conviction. Glen Eugene Assoun released after being convicted of second-degree murder in 1999

A Nova Scotia man who was serving a life sentence for stabbing his ex-girlfriend to death walked from court on bail Monday, calling his release "surreal" and his time in the criminal justice system a nightmare.

"It's been a long, terrible journey for me," said Glen Eugene Assoun, who was granted bail after a preliminary review of his case said he may have been wrongfully convicted.

"I am an innocent man. I've always been innocent and I always will be innocent."

Assoun was greeted by applause from his supporters as he left court after 16 years in prison, thanking his lawyers and the Association in Defence of the Wrongly Convicted for pursuing his case.

Glen Eugene Assoun talks with reporters at Nova Scotia Supreme Court in Halifax on Monday. Assoun, who was serving a life sentence for stabbing his ex-girlfriend to death, was granted bail after a preliminary review of his case said he may have been wrongfully convicted. ANDREW VAUGHAN/THE CANADIAN PRESS

He was convicted by a jury of second-degree murder and sentenced to life in prison in September 1999 for the slaying of Brenda Lee Anne Way.

The federal Justice Department said recently that a preliminary assessment shows there may have been a miscarriage of justice and a more in-depth investigation has been launched into his case.

Assoun's lawyer began reviewing the case eight years ago and persuaded the association for the wrongfully convicted to take it on in 2010.

Judge James Chipman of the Nova Scotia Supreme Court ruled Monday that Assoun should be released on a number of conditions including one that requires him to stay with family in an undisclosed province and another that will see him electronically monitored.

Assoun, 59, also has to relinquish his passport, meet with a parole officer weekly, report any intimate relationships he has with women and not contact Way's family.

The Crown agreed with a submission from Assoun's lawyers that he should be released on bail. In his decision, Chipman said it is apparent that the Crown and defence put a lot of work into crafting a release order for Assoun.

Way's partly-clothed body was found behind an apartment building in the Halifax area on Nov. 12, 1995. The 28-year-old woman was stabbed six times and her throat was slashed.

Assoun has always said he was wrongfully convicted of the crime.

"He has not deviated from his assertion of innocence by a hair," Philip Campbell, Assoun's lawyer, said Monday.
THE CANADIAN PRESS

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Blue Cross says it won't cover couple with million-dollar baby

Saskatchewan. Family facing more than $900,000 in medical bills after an unexpected child birth in Hawaii

Saskatchewan Blue Cross said in a statement Monday that Jennifer Huculak should seek help from the national independent insurance ombudsman after denying her claim of more than $900,000 in medical bills.

Huculak said she was six months pregnant when she left for a vacation in Hawaii with the blessing of her doctor and health insurance from Blue Cross. Soon after arriving, her water broke and her premature baby required a two-month stay in an American neonatal intensive care unit.

Huculak said Blue Cross denied her claim, saying a bladder infection that caused some hemorrhaging at four months constituted a pre-existing condition.

Saskatchewan Blue Cross President Arnie Arnott said Huculak was given "nine specific events" that prevented her claim from being paid and referred the media back to Huculak for further explanation.

He said the challenges facing Huculak's family are "extraordinary and difficult."

"A review by OLHI is free of charge and Saskatchewan Blue Cross will cover any costs incurred by Ms. Huculak preparing her claim for review by the ombudsman," Arnott said in the statement.

Blue Cross aims to "help families avoid situations like this one," he added.

Huculak didn't immediately return calls on Monday.

Last week, she said she wasn't given a Blue Cross questionnaire before the trip.

"We were told we were covered. We paid our premium. We obviously still feel that Blue Cross should cover the bill," she said. "It's a very sad position to be in. I wouldn't wish it on anybody."

Huculak said if a doctor told her she had a high-risk pregnancy, she wouldn't have travelled to Hawaii. She said her doctor sent a letter to Blue Cross confirming that Huculak's pregnancy was stable when she went on vacation, but the claim was still denied.

"As of March, Blue Cross pretty much washed their hands of the whole case," she said. "We've just kind of been sitting ducks, not knowing what to do."

The hospital in Hawaii has declined comment.

THE CANADIAN PRESS

Reece Huculak was born in a Hawaii hospital after Jennifer Huculak gave birth while on vacation. Huculak says she was six months pregnant and travelled with the blessing of her doctor and health insurance from Blue Cross. JENNIFER HUCULAK/THE CANADIAN PRESS

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People across U.S. protest decision not to indict Wilson in shooting of Brown

'Hands up, don't shoot.' Rallying cry since Ferguson shooting

Thousands of people flooded city streets from Los Angeles to New York late Monday in passionate — but initially peaceful — protest of a grand jury's decision not to indict a white police officer who killed a black 18-year-old in Ferguson, Missouri.

They led marches, waved signs and shouted chants of "Hands Up! Don't Shoot," the slogan that has become a rallying cry in protests over police killings across the U.S.

Activists had been planning to protest even before the nighttime announcement that Officer Darren Wilson will not be charged in the shooting death of Michael Brown.

The racially charged case in Ferguson has inflamed tensions and reignited debates over police-community relations even in cities far from the predominantly black St. Louis suburb. For many staging protests Monday, the shooting was personal, calling to mind other galvanizing encounters with local law enforcement.

Police departments in several major cities said they were bracing for large demonstrations with the potential for the kind of violence that marred nightly protests in Ferguson after Brown's killing. Demonstrators there threw Molotov cocktails and police fired smoke canisters, tear gas and rubber bullets.

But police reported that gatherings were mostly peaceful immediately following Monday's announcement.

Several hundred protesters marched through downtown Philadelphia, yelling "No justice, no peace, no racist police!" A similar protest of about 50 people in Pittsburgh was short-lived, with activists saying they plan to regroup Tuesday at the federal courthouse.

In Los Angeles, which was rocked by riots in 1992 after the acquittal of police officers in the videotaped beating of Rodney King, police officers were told to remain on duty until released by their supervisors. While about 100 people gathered in Leimert Park, others held a small news conference demanding police change their policies and release as quickly as the names of those killed the names of the officers who shot them.

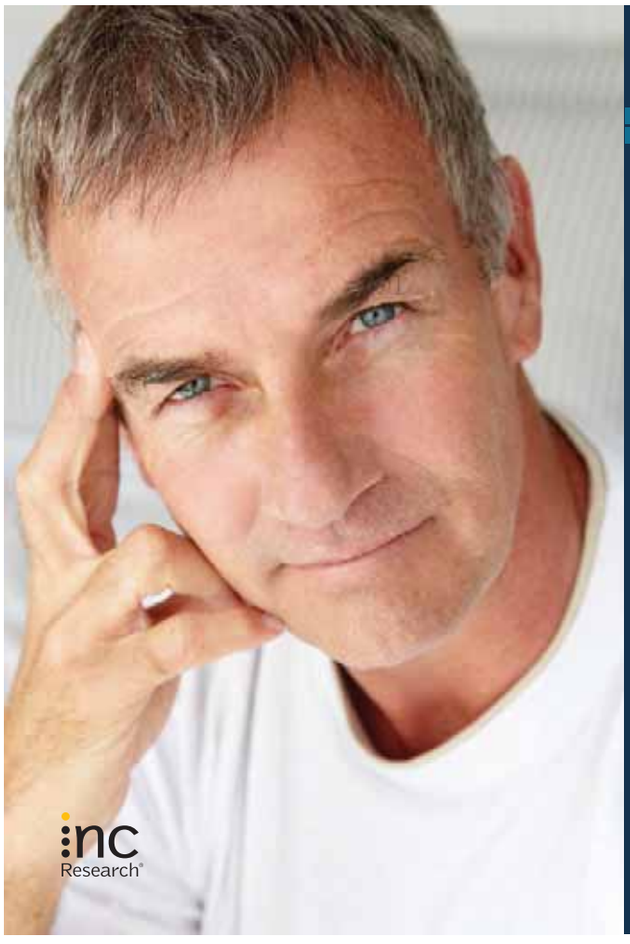
At Cleveland's Public Square, at least a dozen protesters held signs Monday afternoon and chanted "Hands up, don't shoot."

Their signs references police shootings that have shaken the community there, including Saturday's fatal shooting of 12-year-old Tamir Rice, who had a fake gun at a Cleveland playground when officers confronted him.

THE ASSOCIATED PRESS

Police officers confront protesters after the announcement of the grand jury decision not to indict police officer Darren Wilson in the fatal shooting of Michael Brown, an unarmed black 18-year-old, Monday in Ferguson, Mo.

DAVID GOLDMAN/THE ASSOCIATED PRESS



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A timeline following the death of Michael Brown

Ferguson. Since August, the fatal police shooting of teen has galvanized communities in Missouri

Aug. 9 — Brown and a companion, both black, are confronted by an officer as they walk back to Brown's home from a convenience store. Brown and the officer, who is white, are involved in a scuffle, followed by gunshots. Brown dies at the scene, and his body remains in the street for four hours in the summer heat. Neighbours later lash out at authorities, saying they mistreated the body.

Aug. 10 — After a candlelight vigil, people protesting Brown's death smash car windows and carry away armloads of looted goods from stores. In the first of several nights of violence, looters are seen making off with bags of food, toilet paper and alcohol. Some protesters stand atop police cars and taunt officers.

Aug. 11 — The FBI opens an investigation into Brown's death, and two men who said they saw the shooting tell reporters that Brown had his hands raised when the officer approached with his weapon and fired repeatedly. That night, police in riot gear fire tear gas and rubber bullets to try to disperse a crowd.

Aug. 12 — Ferguson Police Chief Thomas Jackson cancels plans to release the name of the officer who shot Brown, citing death threats against the police department and City Hall.

Aug. 14 — The Missouri Highway Patrol takes control of security in Ferguson, relieving St. Louis County and local police of their law-enforcement authority following four days of violence. The shift in command comes after images from the protests show many officers equipped with military style gear, including armoured vehicles, body armour and assault rifles. In scores of photographs that circulate online, officers are seen pointing their weapons at demonstrators.

Aug. 15 — Police identify the officer who shot Brown as Darren Wilson, 28. They also release a video purporting to show Brown robbing a convenience store of almost $50 worth of cigars shortly before he was killed, a move that further inflames protesters.

Protesters gather in front of the Ferguson Police Department before the announcement of the grand jury decision Monday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Aug. 16 — Missouri Gov. Jay Nixon declares a state of emergency and imposes a curfew in Ferguson.

Aug. 17 — Attorney General Eric Holder orders a federal medical examiner to perform another autopsy on Brown.

Aug. 18 — Nixon calls the National Guard to Ferguson to help restore order and lifts the curfew.

Aug. 19 — Nixon says he will not seek the removal of St. Louis County prosecutor Bob McCulloch from the investigation into Brown's death. Some black leaders questioned whether the prosecutor's deep family connections to police would affect his ability to be impartial. McCulloch's father was a police officer who was killed in the line of duty when McCulloch was a child, and he has many relatives who work in law enforcement.

Aug. 20 — Holder visits Ferguson to offer assurances about the investigation into Brown's death and to meet with investigators and Brown's family. In nearby Clayton, a grand jury begins hearing evidence to determine whether Wilson should be charged.

Aug. 21 — Nixon orders the National Guard to begin withdrawing from Ferguson.

Sept. 25 — Holder announces his resignation but says he plans to remain in office until his successor is confirmed.

Sept. 25 — Ferguson Chief Tom Jackson releases a videotaped apology to Brown's family and attempts to march in solidarity with protesters, a move that backfires when Ferguson officers scuffle with demonstrators and arrest one person moments after Jackson joins the group.

Oct. 10 — Protesters from across the country descend on the St. Louis region for "Ferguson October," four days of co-ordinated and spontaneous protests. A weekend march and rally in downtown St. Louis draws several thousand participants.

Oct. 13 — Amid a downpour, an interfaith group of clergy cross a police barricade on the final day of Ferguson October as part of an event dubbed "Moral Monday." The protests extend beyond Ferguson to sites such as the nearby headquarters of Fortune 500 company Emerson Electric and the Edward Jones Dome in downtown St. Louis, site of a Monday Night Football game.

Oct. 21 — Nixon pledges to create an independent Ferguson Commission to examine race relations, failing schools and other broader social and economic issues in the aftermath of Brown's death.

Nov. 17 — The Democratic governor declares a state of emergency and activates the National Guard again ahead of a decision from a grand jury. He places the St. Louis County Police Department in charge of security in Ferguson, with orders to work as a unified command with St. Louis city police and the Missouri Highway Patrol.

Nov. 18 — Nixon names 16 people to the Ferguson Commission, selecting a diverse group that includes the owner of construction-supply company, two pastors, two attorneys, a university professor, a 20-year-old community activist and a police detective. Nine of its members are black. Seven are white.

Nov. 24 — Prosecutor announces that grand jury decides not to indict Wilson.

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VOICES

HACKTIVISM CAME TOO SOON

While hacking can be a legitimate form of political protest, guest columnist Molly Sauter argues the recent cyberattack on the Ottawa Police website was premature, as due process hasn't been given its due yet in the case of the teen who the hacktavists say was framed

MOLLY SAUTER
Guest column

Hacktivist actions like website defacements and other forms of online civil disobedience are necessary tactics in the toolbox of a modern democracy, and can be a powerful tool for underprivileged populations struggling to get their message heard. But the hacker who recently took down several official Ottawa websites is turning to disruptive tactics ahead of due process.

The hacker or group of hackers calling itself AerithXOR and using the hashtag #OpSoaringEagle, has stated that it is rallying in support of an Ottawa teen who, it claims, has been falsely indicted for making more than 30 false reports to emergency services across North America, a practice called "swatting."

These so-called pranks involve reporting a fake violent crime to the police in the hopes that they will respond in force.

The danger that someone will be seriously injured or even killed in one of these "pranks" is significant and should be taken seriously.

DDoS actions (distributed denial of service actions) and other hacktivist tactics have been tools of online activism since the 1990s, when they were used in the service of causes ranging from the Zapatista struggle to anti-nuclear power protests.

Superficial similarities

On face, #OpSoaringEagle bears a resemblance to other Anonymous ops

Similar to a blockade or occupation, an activist DDoS action typically involves many individual computers accessing the same server repeatedly in a short period of time, with the goal of crashing the server and rendering it inaccessible.

Though DDoS actions are often disruptive, they are not typically destructive, often causing very little (if any) damage to the target's electronic infrastructure.

On face, #OpSoaringEagle bears a resemblance to other Anonymous ops that claimed to be a reaction to the missteps or inaction of law enforcement, such as the effort by Anonymous to bring to light the names of people involved in the rape of a 16-year-old girl in Steubenville, Ohio.

However, in that and other cases, the machinations of the justice system had clearly stalled: In Steubenville, prosecutors had dragged their feet in filing charges against the perpetrators despite the presence of ample and damning evidence.

In the case of this Ottawa teen, the justice process is just getting started and due process is taking place. If AerithXOR has exonerating evidence, let it bring that to the police or the defence.

A theatrical appeal for public attention of this kind is not necessary until the traditional channels have been exhausted.

Demonstrators wearing V-masks participate in the Occupy Frankfurt movement in this 2011 file photo. DANIEL ROLAND/AFP/GETTY IMAGES

Molly Sauter is a PhD student at McGill University studying disruptive online activism, and is an affiliate researcher at the Berkman Center for Internet and Society at Harvard University and the Center for Civic Media at the MIT Media Lab.

She is the author of The Coming Swarm: DDoS Actions, Hacktivism, and Civil Disobedience on the Internet.

Harmless emojis banned while misogynistic apps OK'd

IRENE KUAN
Metro Online

Sexting is nothing new.

People can send lewd messages, images and videos using their smartphones in an instant. Even innocent looking eggplant and banana emojis can be twisted into something perverted, but a new website called Flirtmoji, which provides a set of "sex" emojis you can cut and paste into a text, is trying to bring a fun side to sexting.

I'm very aware that sex texts are a controversial topic right now, due to horrific child porn and cyberbullying cases in the news.

But is there a point for Apple and Android to reject Flirtmoji from their app stores, citing its "sexual content," when there were and are apps in the virtual stores that offend and objectify women way more than a cartoony-looking emoji of a butt phone or fornicating bunnies?

Take the app Perfect Girlfriend, where users can control a virtual girlfriend that can be "touched" and will tell the user she wants to f—k them. It's still available in Apple's App Store.

Not cool

iBoobs, an app where the user jiggles a pair of bra-covered breasts for entertainment, lived in the Google Play Store for years before it was yanked ...

Another offensive app is iLust, where the object of the game is for a guy to stare at a girl's breasts for as long as he can without her noticing.

While the App was short lived, Apple did not see fit to censor this product, which is far more offensive than a cartoon condom-wearing banana.

Even iBoobs, an app where the user jiggles a pair of bra-covered breasts for entertainment, lived in the Google Play Store for years before it was yanked in April.

Given all these examples of sexually explicit, offensive apps that have been available in the notable app stores, should Flirtmojis be censored?

The creators make the argument that we're highly sexual beings, and have been since well before the dawn of the digital age. No matter how we try to look at it, people can use any means, digital or not, to exploit or to be malicious.

The creators of Flirtmoji are hoping their "visual language" will help people communicate sometimes complicated emotions.

These emojis have not been approved by the App Store. SCREENGRABS

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DVD review

The F Word

Director. Michael Dowse

Stars. Daniel Radcliffe, Zoe Kazan, Adam Driver

Michael Dowse's The F Word (a.k.a. What If) understands that "friend" is what you don't want to be called when your heart is going pitter-pat for another. Such is the dilemma facing Daniel Radcliffe's Wallace, a med-school dropout and post-breakup moper languishing in his sister's attic. When he finally tiptoes from his boy cave, he meets the zesty and simpatico Chantry (Zoe Kazan). But she already has a boyfriend, hotshot UN lawyer Ben (Rafe Spall), and they've been living together for five years. What's a lonely dude to do? If he enters into a platonic friendship with this slightly confused gal, he risks a broken heart and/or a black eye. The F Word gets into familiar rom-com situations, but they feel different. The movie was filmed in Toronto and boasts a prize-winning screenplay by T.O.'s Elan Mastai. Most important of all, Radcliffe and Kazan connect as actors.

The Expendables 3

Director. Patrick Hughes

Stars. Sylvester Stallone, Jason Statham, Jet Li

A franchise that was once mildly enjoyable for the novelty of bringing together aging but still popular action heroes — guys like Sylvester Stallone, Arnold Schwarzenegger, Dolph Lundgren, Jason Statham, Terry Crews, Randy Couture and Jet Li — has turned into a cattle drive of subprime beef, with more grunts and stares than dialogue. This is what an earthbound Guardians of the Galaxy would be like if every character was Groot, the tree guy.

PETER HOWELL

From left, Tchéky Karyo, Frances O'Connor and James Nesbitt star in The Missing. JULES HEATH/NEW PICTURES LIMITED

Mystery of missing child is a harrowing ride for all

Television. Actress Frances O'Connor insists new series isn't based on Madeleine McCann, despite the similarities

NED EHRBAR
Metro in Hollywood

Frances O'Connor had to go to some pretty harrowing emotional places for The Missing, in which she plays a British mother grappling with the disappearance of her young son while on vacation in France, with the story split between the 2006 incident and the present-day ramifications. On the bright side, The Missing follows the True Detective and Gracepoint trend — adopted from across the pond, naturally — of providing a complete, closed story in its full run of episodes, so it's only a matter of weeks until the mystery is solved. And the answer even caught O'Connor by surprise.

How much did real-life stories like the Madeleine McCann case play into the approach to this?
We didn't set out to make a Madeleine McCann-esque thriller or anything. That wasn't our intention. I think that's just one case that's received so much attention, even in America. I'm sure people will make that comparison, but I don't think that was the writers' intention at all. They're really adamant about that. I just think they don't want the McCanns to think, "Oh, they're making a thriller from our experience." But as you go on and the watch the episodes, you realize it's actually quite different.

But certainly it came up at some point.
(Director) Tom (Shankland) said, "There's a book that Kate McCann had written, if you want to read it you might find something insightful in there." I did have a read of it but, ultimately, I thought it was so specific to her case and her experience, and I felt like my character was so different from that. My character really just loses it when her child goes missing, and I think Kate really kept her act together.

While reading the script, were you convinced you had it figured out?
Yes, I did. I was not right. I was wrong, so wrong. That's part of the fun, though. It is an emotional thriller in a lot of ways, because it is about a kid going missing, so in a lot of ways you're invested. But then, having that thriller aspect as well makes it really exciting. As I was reading it — because I didn't know what happened — I was just like, "Oh God, I hope it's not me." It's such a great page-turner when you're reading the script, and I imagine it will be like that when you're watching it.

Does tapping into the emotions for a character like this leave you drained?
Oh yeah, especially the 2006 stuff. I mean, there was stuff in the 2014 section that was also really draining, but 2006 was just relentless. Even though the 2006 section only takes place over 11 or 12 days, we shot it for 2-1/2 months, so it's a long time to be in that kind of "my child is missing" thing. Sometimes I'd get on the Eurostar back to London on Friday and just be a mess, like, "Somebody hold me for a minute!"

It hasn't tainted your view of France now, has it?
No, no. Belgium maybe. We actually shot in Belgium. France is so expensive to shoot in, and Belgium has a lot of tax breaks. Plus the countrysides look identical, and they speak French so it was really good for us.

So you're off Belgium now.
I will never go there again. (laughs)

Probably not what the tourism board was hoping for.
No, no. There's actually one town where we shot a lot of the (heavier) stuff. I probably wouldn't want to go back there in a hurry.

Show time

The Missing premieres Wednesday, Nov. 26 at 10 p.m. ET on Super Channel.

Billy Miller earned three Daytime Emmy Awards for his role on The Young and the Restless. He is now on General Hospital. THE ASSOCIATED PRESS FILE

New soap, old character: Miller finds his funny side

Television. Billy Miller puts his own spin on longtime Jason Morgan character on General Hospital

So far, playing a recast character has worked to Billy Miller's advantage.

He was the fourth actor to play Billy Abbott on CBS' The Young and the Restless, and earned three Daytime Emmy Awards. Now, the 35-year-old is playing Jason Morgan on ABC's General Hospital (airing weekdays at 3 p.m. ET).

Steve Burton played Jason for 20 years until 2012, when the character was presumed dead. Recently, Jason was hit by a car, wiping away his memory (and giving Miller a clean slate to work with in the role).

"It would be ridiculous for me to mimic (the way Burton played him)," Miller said in a recent interview.

What he's brought to the character so far is levity. His version of Jason (or Jake, as he goes by now) smiles and jokes.

"It's more fun in this genre whenever you can add some lightness to it or make it funny. You don't get a lot of room for that, so I usually look for it. It's a scary position for this guy who is so lost and doesn't know who he is, (so) you match that with a little bit of humour," he said.

However, Miller looks forward to the day when Jason's past collides with his present.

"It really does offer up some great storylines if we decide to go there. I really hope that's how we explore this, because I feel like that might be more my strength," he said.

Quoted

"It's more fun in this genre whenever you can add some lightness to it or make it funny. You don't get a lot of room for that, so I usually look for it."

Actor Billy Miller, on the humorous bent he's added to his character on General Hospital

He's also looking forward to interacting with other GH stars, such as Maurice Benard and Roger Howarth. He's particularly interested in working with longtime star Anthony Geary, saying, "I can't wait for that acting class."

Miller left Y&R early this year. It was soon rumoured that he would take over the role of Jason.

"It was entirely premature. I was fortunate enough to have considerable options," Miller said.

He was able to largely block out the chatter because he doesn't use social media.

"Every girlfriend I've ever had, our first major fight that we had started off with a text that I thought was funny. Sarcasm clearly doesn't work in print, unless you put those little emoticons in there, and I'm way too old to have to use emoticons," he joked.

General Hospital has several hiatuses throughout the year, giving actors time for other projects if the schedule allows. Miller has upcoming roles on TNT's Major Crimes and USA's Suits.

"I've always thought the bigger your body of work, the more you're able to survive for a longer time," he said.

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Katy Perry trumps AMAs with Super Bowl gig

NED EHRBAR
Metro in Hollywood

The NFL has confirmed rumours that Katy Perry will be taking the stage for the next Super Bowl halftime show, taking place Feb. 1 in Glendale, Ariz. Perry got in on the announcement action with a video discussing various ideas for the show in her "testing facility," including kittens and edible glitter.

After recent years featuring Madonna and Beyoncé, it will be interesting to see what Perry can bring to the ridiculously high-profile gig — and what Illuminati references conspiracy theorists can glean from it.

Still unclear, though? Whether tour director Baz Halpin is risking the ire of Taylor Swift by working with Perry on the show. I'm thinking he maybe didn't take Swift's alleged threat too seriously.

Also, way to go on Perry's part for managing to steal plenty of focus during the American Music Awards despite not actually being there.

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MBA GUIDE

Mini MBA saves time and money

Programs teach managers skills they need to reach next step

If years of study and expensive tuition are simply not an option think small — real small.

Mini MBA programs are very popular and are available at more and more universities across the country. While there is no certification at completion, these programs teach managers enough of what they need to know to get to the next step.

SHUTTERSTOCK

"It's for managers who have come up through a functional route like sales, finance, marketing or engineering and they're moving into their first real general management position," says Hugh Evans, director of executive education at the Haskayne School of Business at the University of Calgary.

While they might have knowledge in their specialty, they need a broader knowledge of management systems to make businesses work effectively, he adds.

The business essentials program runs from October to March, with about 15 one-day sessions on Fridays covering the main elements of management practice. This schedule is effective for retention and applying what students learn when they go back to work, Evans says.

"There's pre-reading, post-reading and activities to do, but the most significant red thread that goes through the program is the project."

Students take on a project and use it as a focal point for what they are learning and use the professors as consultants.

Many people choose this type of program to avoid the time commitment and cost of a full MBA program. However, Evans says about 10 to 15 per cent of people in the business essentials program eventually get their MBA. In terms of cost, this mini MBA program is $8,500, where an executive MBA could run about $60,000. *– Jennifer Taplin*

MBALaunch will help women build winning MBA applications

Women earned only 35 per cent of MBAs in Canada over the last year. Forté Foundation, a U.S.-based non-profit organization, is starting to change that.

Forté provides programs, scholarship support, and networking connections women need to succeed in business careers.

Forté MBALaunch for Women debuts in Toronto this January. The deadline to apply is Nov. 30. Apply at fortefoundation.org/mbalaunchwaiver.

The program offers 10 months of GMAT study, business school application preparation, and a network of women sharing a common goal — earning an MBA.

"The access to admissions officers is a major bonus of MBALaunch," says Divinity Matovu, who recently completed the MBALaunch program. "I was able to build relationships from top MBA programs."

Matovu also benefited from the one-on-one mentorship. "My mentor challenged me to dig deep to think about what I really want to do post-MBA."

Forté has 48 sponsor schools who partner with the organization to offer support and scholarships to women and includes Queen's school of business, Rotman school of business, and York University's Schulich school of business.

CONTRIBUTED

Matovu is using her MBA plans to reach her dream career.

"My goal is to launch a women's leadership institute in Uganda. I want to create a long-lasting impact in African communities."

For more, visit fortefoundation.org.

CORRECTION

The CHRP designation stands for Certified Human Resources Professional. Incorrect information appeared in last week's Continuing Education feature. Metro apologizes for the error.

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CASE CONTESTS SHARPEN SKILLS

SCHULICH STUDENTS GAIN EXPERIENCE

MBA students competing in the recent Hult Prize quarter-final competition at York University's Schulich school of business are hoping to follow in the footsteps of a Schulich team that advanced to the global finals last year.

Schulich's REACH Diagnostics was one of six teams to make it to the Hult Prize finals in New York City last year, competing against more than 10,000 students from around the world, and advancing against another 295 teams in the regional finals.

The theme of the 2015 Hult Prize President's Challenge is Early Childhood Education in the Urban Slum.

The team that pitches the most sustainable, scalable social enterprise to address the issue of childhood education in the urban slum will win the coveted $1-million award to launch its business.

"The HULT case competition is the perfect platform for the genesis of a business model that is scalable, sustainable and acceptable," says Dibya Pal, MBA 2015 candidate, whose team competed in the quarter-finals. "As a team, we were excited to implement the business principles that we've learned in our MBA and also stand for the values of sustainability and social entrepreneurship adopted by Schulich. Participating in a case competition like HULT is an amazing experience because the teams get the opportunity to solve a real-life problem."

Win or lose, MBA students competing in national and international case competitions such as Hult get a valuable opportunity to showcase their skills at solving real-world business issues in front of business leaders and to network with their peers from leading business schools around the world.

"Every year, case team members tell me that they learned more from participating in case competitions than in any other course," saus Joe Fayt, a Schulich marketing instructor who has coached teams in case competitions for half a dozen years. "It requires you to take everything you are learning in the MBA program and apply it to a real-life situation."

REACH Diagnostics, last year's Schulich team, who were finalists in the prestigious Hult Prize case competition in New York. CONTRIBUTED

Schulich offers many other opportunities for MBA students to compete in events at the top-ranked business school, as well as at other universities in Canada and abroad. These include the Schulich International Case Competition, which challenges students to come up with solutions to issues connected to sustainability, mining and business strategy, and Developers' Den, which is hosted by the school's real estate and infrastructure program. Schulich also hosted the 2014 MBA Games after a school team won the 2013 MBA Games.

"Schulich offers one of the largest number of MBA specializations in the world, including industry-focused specializations such as our newly launched Global Retail Management program. These real-world specializations give our graduates a real edge in the marketplace."

ROBERT V. KOZINETS, PhD
Director, Global Retail Management Program
Professor of Marketing & Marketing Area Co-ordinator
Schulich School of Business, York University

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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist*, *Forbes*, *Bloomberg Businessweek*, *Financial Times*, *Corporate Knights* and *Expansión* in their most recent global MBA surveys. The Schulich MBA is ranked #1 in the world by *Corporate Knights* and #1 in Canada by *The Economist*, *Forbes* and *Expansión*. The Schulich Executive MBA is ranked #1 in the world by *The Economist* and #1 in Canada by the *Financial Times*.

The advantages of studying online

Running from one meeting to another doesn't leave a lot of time to make it to class.

Online MBA programs are generally cheaper and offer another advantage — you can fit in schoolwork around a busy work schedule.

Athabasca University launched its online executive MBA program 20 years ago and it's still a popular program — including the January cohort, 820 students are enrolled.

It's for managers and leaders with significant experience, says Alain May, MBA program director at Athabasca University.

"It is delivered online with the exception of electives in residence that are a blend of online study and a five-day face-to-face component. These courses are offered on a variety of topics and take place across Canada and around the world."

Depending on several factors, tuition ranges from about $45,000 to $50,000.

Students are broken up into groups in a kind of interactive seminar. The groups are switched up with each course so students can get to know as many of their peers as possible.

"This helps them understand other job types, other companies, industries, cultures, etc., and plays an important role in understanding how to apply theories and concepts in many different settings," May says.

SHUTTERSTOCK

The online course requires 20 to 25 hours of study per week over the course of two-and-a-half to three years.

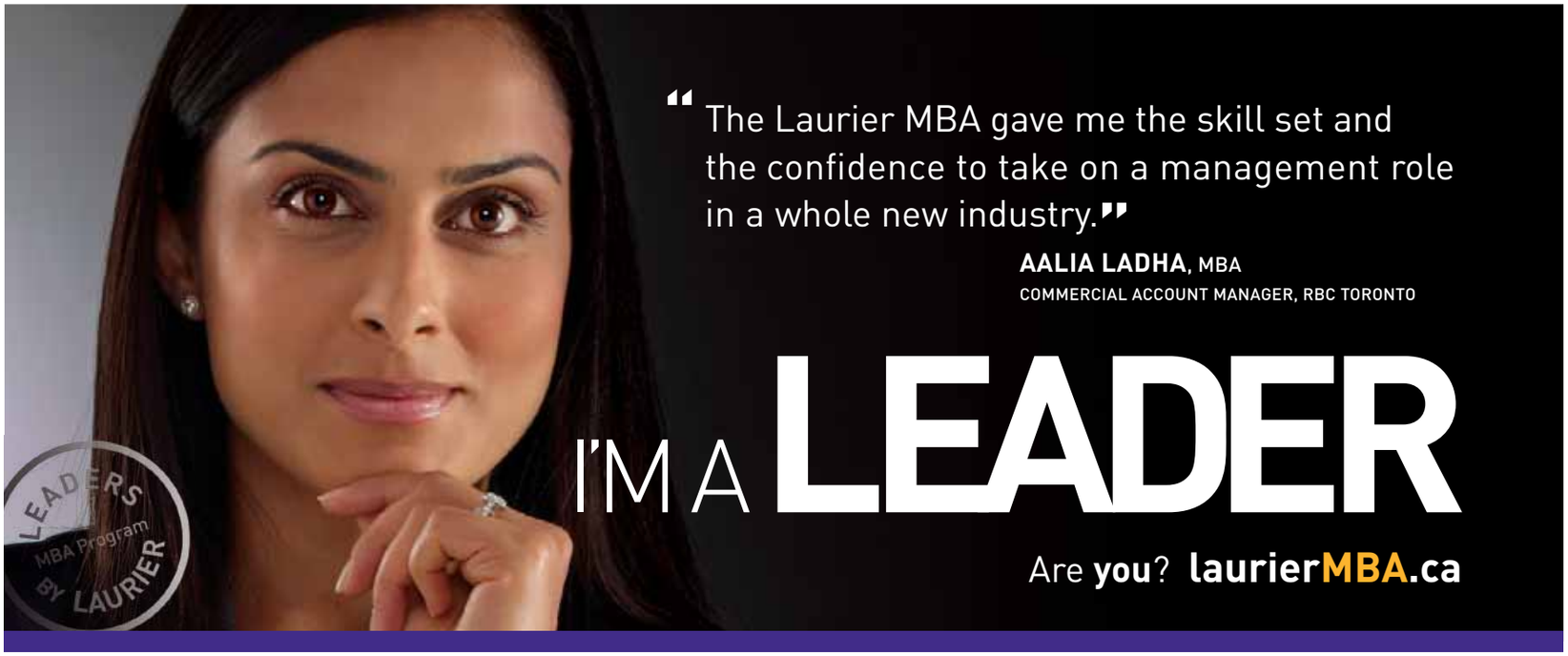
May believes Athabasca's MBA is one of the most challenging, rigorous programs in the world.

"Our students need the ability to manage competing time commitments from work, family, volunteering, and travel. We expect a high level of involvement, high levels of commitment and effort, but we don't dictate the where and the when."

– Jennifer Taplin

"ONE OF THE THINGS STUDENTS ARE OFTEN SURPRISED BY IS HOW HONEST OUR LEARNING ENVIRONMENT IS. STUDENTS AND PROFESSORS TEND TO REALLY DISCUSS THEIR STRUGGLES, THEIR FEARS, THEIR OPPORTUNITIES IN A MUCH MORE OPEN WAY THAN THEY WOULD IN A CLASSROOM."

– Alain May, MBA program director at Athabasca University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Competing in the new food economy

University of Guelph provides perfect balance

SHUTTERSTOCK

The food economy is changing. Managers need a broader foundation of skills and knowledge to compete regardless of where they work in the value chain. They need to understand the entire value chain from input supply, through production and processing, distribution and retail or food service.

More and more industry professionals are considering an MBA to enhance their management skills and accelerate their career development. The challenge for business schools is to provide industry-relevant training within the context of the critical curriculum core to an MBA.

The University of Guelph, known as Canada's food university, has a program that strikes the perfect balance of a strong business foundation and agri-business specific training in areas such as policy and risk management.

Food is different. Food is global. Food is biological. Food is personal.

The Guelph MBA recognizes these important characteristics of the food economy and is explicitly designed to prepare managers to succeed anywhere in the food economy. One of the significant strengths of the program is the diverse experience and perspectives within each cohort of students — producers, input suppliers, processors, bankers, plant breeders, distributors, retailers and food service are all represented in the program. This food-focused program attracts food-focused students who learn with and from each other.

The curriculum reflects both general business and food-focused topics, but all are presented within the context of food value chains. The case studies and examples are largely taken from food to explicitly incorporate learning from the range of issues mangers will face — problems and opportunities are not considered in isolation but in broader competitive context.

Nowhere is this more apparent than in the live case study that forms the foundation of the capstone strategic management course. Students work competitively in teams to address a real-world issue with a real company. Work is done on-site with the company so students have access to managers and information key to making a recommendation that works, and recommendations are presented to senior managers at the end of the course.

The food economy represents outstanding opportunities for managers to develop rewarding careers. The Guelph agribusiness MBA is the best choice for managers interested in honing and enhancing the skills to allow them to compete and excel.

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Because I'm happy...

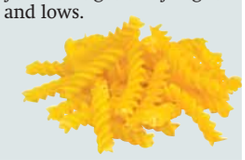
With the sun setting sooner and the cold days of winter around the corner, here are six ways to boost your mood

EMILY LAURENCE
Metro in NYC

Is seasonal affective disorder (SAD) setting in? There are ways to combat it. ALL IMAGES ISTOCK

Complex carbs

You are what you eat. If you just got dumped, for example, the instinct is to raid the corner store easy-bake brownies. But foods like white bread, pasta and fats cause your blood level to rise and then drastically drop — not a good feeling. If you fill up on veggies, brown rice and whole grain foods, the nutrients will be absorbed more slowly, so you won't get crazy highs and lows.



Ginseng tea

This natural herb releases endorphins in your brain, while the act of sipping tea will add some peace into your life. According to naturalsociety.com, ginseng was used to treat schizophrenia back in the sixth century and naturists are still using it to help lift moods.

Upbeat songs

If you're listening to Radiohead or some new band with depressing lyrics, stop. A study conducted at the University of Missouri found that if you listen to happy, upbeat music with the intention in mind of making yourself feel happier, it can actually work. The key is the mindset. Those who participated in the study and listened to upbeat music without having a purpose really just felt the same.

Work out with a friend

It's common knowledge that exercising is a great way to get those endorphins pumping, but what many don't know is that the effect is compounded when you work out with a friend or in a group fitness class, according to a study done by the University of Oxford. Researchers found people working as a team were happier after exercising than people working out solo.

Get creative

Whether it's writing, painting or dancing, embracing your creative side has been shown to lift your mood, a study conducted by Boston College found. If you aren't into that sort of thing, try journalling — it produces the same results.

Fake it for now

Studies have shown that it's beneficial to have people in your life you can share your problems with, but there's also something to be said for faking it. "We become how we act," says Christopher Peterson, PhD and author of A Primer In Positive Psychology.

Put on clothes that you feel confident in, smile when you don't feel like it, laugh at jokes that aren't that funny, and soon you'll be able to stop faking it because you'll actually be as happy as your acting.

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ADVANCING GENERICS

Study shows music is good for the memory

Analysis. People with musical training perform better on working memory tasks

Psychology researchers have literally looked inside the minds of musicians and established what could be the first link between music expertise and advantages in long-term memory.

"Musically trained people are known to process linguistic materials a split-second faster than those without training, and previous research also has shown musicians have advantages in working memory," says Heekyeong Park, assistant professor of psychology at the University of Texas at Arlington.

Using electroencephalography (EEG), functional magnetic resonance imaging (fMRI) and functional near-infrared spectroscopy (fNIRS) technologies, Dr. Park and graduate student James Schaeffer measured electrical activity of neurons in the brains of 29 participants, of whom 14 were musicians, each with at least 15 years' experience. They tested their working memory using pictures and verbal items and later asked participants to state whether each item was new or if it had been part of the material in the first round of experimentation as a test of long-term memory.

"What we wanted to know is whether there are differences between pictorial and verbal tasks and whether any advantages extend to long-term memory," says Park. "If proven, those advantages could represent an intervention option to explore for people with cognitive challenges."

Scans from the imaging technologies used suggested that musicians process responses in the frontal and parietal lobes differently from non-musicians. The musicians outperformed their non-musical counterparts in both pictorial and verbal tasks that concerned working memory, for EEG readings suggested they had faster neural responses.

When it came down to long-term memory, scans showed the musicians had the edge over non-musicians only in the pictorial category.

The team presented their findings on this week at Neuroscience 2014, the international meeting of the Society for Neuroscience, in Washington DC.

AFP

Quoted

"Musically trained people are known to process linguistic materials a split-second faster than those without training." Researcher Heekyeong Park

Get out the guitar if you want to improve your working memory. ISTOCK

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Psychology. Higher the heel, more helpful the man, according to research

If you're looking for help from a man, it's better to be wearing heels. ISTOCK

A first-of-its kind study investigated the effect of women's shoes on men's behaviour and found that women wearing high heels inspire a man to be more helpful.

"Women's shoe-heel size exerts a powerful effect on men's behaviour," says study author Nicholas Guéguen of the Université de Bretagne-Sud in France.

In the study, Guéguen observed the responses of 90 male participants between the ages of 25 and 50 who had been randomly selected on the street in Brittany, France.

A 19-year-old female participant asked them to complete a survey — once in flat shoes measuring 0.5 cm, once wearing shoes whose heel height measured 5 cm and once again wearing high heels that measured 9 cm. The results indicate that people's responsiveness doubled between the lowest and highest heel heights.

He also tested people's empathy, observing how approximately 180 men and 180 women responded when four young women of the same height, weight and shoe size dropped a glove on three occasions distinguishable by the height of the heels they wore.

The female participants didn't respond differently according to the heel height of the women who dropped a glove, but men's readiness to help augmented by one third from the flat shoes to the 9 cm shoes. AFP

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I'm experiencing some deskpression

Career. Signs that it's time to leave your nine-to-five for a freelance gig

MARIANNE HAYES
Metro in New York City

We've all experienced the workplace blues, but if negative emotions are getting the best of you each and every day, you might consider contemplating another career path. CONTRIBUTED

If going into the office every day leaves you less than thrilled, you're not alone. In fact, Gallup's 2013 State of the American Workplace study found that 70 per cent of those polled described themselves as disengaged at work.

It seems fitting that a record number of workers are taking the plunge from cubicle dweller to full-time consultant. The truth is that more and more working-aged people — particularly millenials — are trading corporate nine-to-five jobs for the freelance life. Just how many? According to the Freelancers Union, one in three Americans currently works as a freelancer.

Read on for the telltale signs that it might be time to say so long to your nine-to-five gig.

Going to work feels like a chore

If you hate your job, it might be the universe telling you that you're not cut out for your current position.

After spending years as a classroom teacher who freelanced on the side, I eventually got to the point where I felt more personally fulfilled and excited by my side gigs.

In other words, I was kind of starting to hate going to work.

I took this as a sign that it was time to bow out of the school system and start doing what I loved. Many freelancers are nudged into self-employment in much the same way.

"I wasn't satisfied with my content job at an Internet company, and I felt like my work was holding me back from accomplishing my main personal goal — to become a professional, full-time writer," said Stefan A. Slater, a 26-year-old freelance writer who stepped out of corporate life in 2012.

Leaving the security of a full-time job can be scary, but you have to ask yourself: Am I doing the job I always dreamed of doing?

You daydream about making your own work schedule

On Friday morning, I'll get up at 6 a.m. and work on projects for a few hours before heading over to my daughter's preschool for a Thanksgiving feast. I didn't have to request time off to do this; I simply built my workflow around it. Having the freedom to create your own work schedule is perhaps the greatest advantage of freelancing.

"At my last job, I felt a lot of pressure to be in the office, even though I could do my work from the bottom of the sea if necessary," said Vanessa McGrady, who just left a full-time office job for the freelance life. She currently writes a personal finance column for Forbes.com.

McGrady says that she treasures her flexible time, which allows her to go to yoga in the middle of the day and spend more time visiting family and friends.

"It's scary, not having that magical paycheque, but I think that just makes me work harder," said McGrady.

Your job isn't safe

Those of us with serious job security may find the prospect of self-employment a bit scary. For Dan Spalding, a PR consultant who left his nine-to-five as a corporate communications director in 2009, rumours of impending layoffs were what pushed him to go his own way.

"I wasn't going to be affected, but I knew some of my friends were," said Spalding, founder of Spalding Communications.

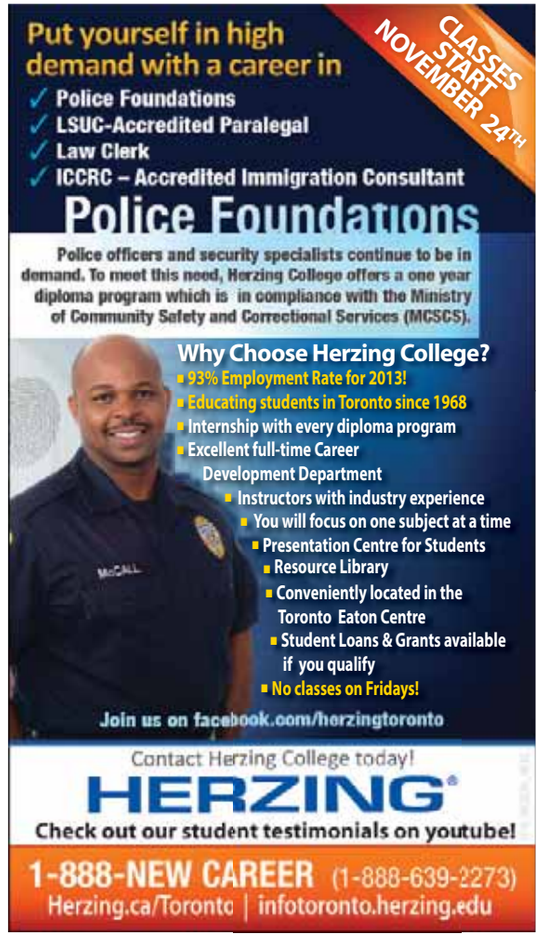
"I wasn't exactly ready to step out into my consulting business, but I knew it would not be fair for the company to lay people off and keep me on, only to tell them in a few months that I was leaving to build my consultancy."

By stepping out when he did, Spalding ended up saving another employee's job. The act of decency paid off — Spalding's former employer signed on as one of his first clients.

Are you looking for a challenge?

Some of us rest easy in the predictable demands of our nine-to-five jobs. For others, the monotony can be a killer. Going your own way as a freelancer comes with its own unique set of challenges sure to keep you on your toes.

- For starters, building a solid client list is a job in itself. If you're contemplating quitting your job to work for yourself, freelancer Vanessa McGrady suggests lining up your prospects beforehand. For her, this took the form of scouring her LinkedIn network and reaching out to contacts she'd worked with in the past. (This simple act secured her two new clients that same day.)
- Clientele aside, freelancers have other responsibilities to manage. Saving for retirement, paying quarterly taxes, and keeping your projects straight are all part of your day-to-day. No matter what your business is, the consulting route can sometimes feel unpredictable. But knowing that this is your livelihood definitely revs up the motivation in a way that no other job does.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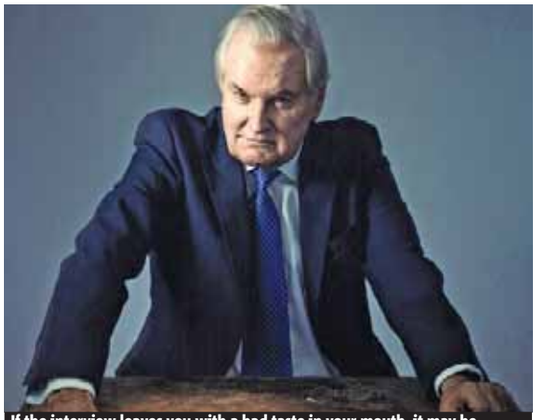
The big cheese gone stale

Career. How to deal with your own version of a horrible boss

VICKI SALEMI
Metro in New York City

Think you could do a better job than your manager is doing? You're not alone. Data from a Monster survey shows that 84 per cent of global workers believe they could do a better job than their boss. But what happens when your leader is firmly intact in his or her role and you feel stuck?

As Horrible Bosses 2 gets released this week, we're reminded of the plethora of wretched bosses right down to Jennifer Aniston's role as a seducer boss. The good news? You're never truly trapped. Here are a few ways to get yourself out of a horrible situation.



If the interview leaves you with a bad taste in your mouth, it may be a sign of scary things to come. ISTOCK

How to spot one

There are a few red flags during your first job interview that your boss will be a stinker. See if they're punctual for the interview; do they respect your time? If they don't give you their undivided attention during the interview, don't expect to ever get it later on.

Do they provide you with clarity regarding what it takes to succeed on the job? Do they demonstrate anger toward employees? Keep an eye out for red flags.

How to ditch one

If your boss seems horrid after you're hired you have some options. The first is to find a new job. The wrong boss can make your job and life miserable, killing your self-esteem. Look internally and externally. Your success and happiness at work ultimately point to who you work for. Your next option? Deal with it and hope that you or your boss gets promoted or transferred.

If the situation crosses the line into harassment, another option is to sue, but it's not so easy. Employment attorney Albert Rizzo explains, "Today it is very easy for a prospective employer to check on a prospective employee's litigious background — and if there is an employment suit in the background, it may close the door on any potential hire."

What about HR?

- Another option that is typically dead-end involves human resources. Yes, HR is technically the watchdog of the organization to serve this very purpose, but in reality, it's not effective in this role. Politics come into play and there's a grey area when it comes to proof.

Education. Learning a new language can jog the noggin at any age: study

If the brain is a muscle, learning a new language is its barbell, according to a new study from Pennsylvania State University.

"Learning and practising something, for instance a second language, strengthens the brain," says Ping Li, professor of psychology, linguistics and information sciences and technology. "Like physical exercise, the more you use specific areas of your brain, the more it grows and gets stronger."

Dr. Li and his colleagues worked with a group of 39 native English speakers over the course of six weeks during which half the participants learned Chinese vocabulary words.

In the interest of tracking neural changes, the research team performed two fMRI scans on each participant — one before the Chinese classes began, and one after it ended.

Before the classes started, the most successful learners among the group had exhibited a more connected brain network than those who were slower to catch on.

According to the researchers, integrated networks make the brain more adept at language learning.

After Chinese classes ended, the successful learners had undergone functional changes that made their brain networks even better integrated.

Dr. Li and his colleagues say that these anatomical changes can occur in the brain at any age as a result of learning a second language. AFP

Runs laps with language

"Like physical exercise, the more you use specific areas of your brain, the more it grows and gets stronger.
Ping Li, professor at Pennsylvania State University

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Double-duty dinners are lifesavers, but they have to be simple to make ahead and freeze for those last-minute emergency weeknight meals.

Some foods don't freeze well; the secret is really in the water content. As water freezes, it expands, and the crystals poke the cell walls, causing frozen fruits and vegetables to become mushy on thawing.

They are still usable and nutritious but don't have the same texture as you would expect when they are fresh.

Here are some tips for freezing.

• Any time you are making soups, stews or curries, double the batch, fully cook and store in single serving sizes for quick, safe freezing and reheating.

• Do not freeze: lettuce, cooked eggs or cheeses under 35% milk fat (MF). All will suffer texturally.

• Wrap fish cakes or vegetable/bean burger patties tightly in plastic and do not thaw before pan frying. This will minimize the potential for sogginess. Use medium-high heat on the stovetop and pop onto a baking sheet making sure there is space between each patty and then into a warm oven to heat through.

• Be sure to reheat any frozen dish thoroughly and only once to avoid food-borne pathogens.

• Pancakes are great frozen with layers of parchment or wax paper and then popped in the toaster, but avoid using fruits like blueberries or bananas that can give off water and drip into the toaster. Think about using pancakes in a savoury way by adding goat's cheese and bacon instead of the sweet stuff.

Anything worth making is worth making twice as much. Or half the time. Or something.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Pan-fried Mango Fish Cakes. These bites use your choice of fish fillet and are topped with sweet fruit

This recipe serves eight. THERESA ALBERT

1. Place mango on the counter to thaw and mix with chutney, set aside.

2. Bring a large pot of water to a boil while you scrub (but not peel) potatoes and chop into quarters. Rinse green onions well under cold running water and chop, then set aside.

3. When water boils, add potatoes, garlic, salt and bring back to the boil, simmer 15 minutes.

4. Add fish in frozen pieces when potatoes are soft enough to be poked with a knife. Simmer for 5-6 minutes just to cook through. Add chopped green onions for final minute.

5. Mix cornmeal, bread crumbs and curry powder on a plate, ready to roll a crust for the potato patties.

6. When fish is cooked, drain water, and mash fish mixture with a hand masher or with a hand-held wand until soft, but not smooth. A few lumps add nice texture.

7. Place 3-4 large pieces of foil on the counter and drizzle or spray with oil for freezing.

8. Form medium round patties with a 1/2 cup (a handful) of the potato mixture. Roll in bread crumb mixture, place on foil, spray tops and fold foil over. Either fry in a skillet now or place in freezer up to 3 weeks.

9. To cook: Preheat a large skillet over medium-high heat and drizzle or spray with oil, Add 2-3 patties at a time and let brown on one side before turning carefully. Place onto a baking sheet and into a 375 F oven to heat through.

10. To serve, top with mango and sprouts. THERESA ALBERT

Ingredients

- 2 cups frozen mango
- 1/2 cup mango chutney
- 6 small Yukon gold potatoes
- 2 green onions
- 4 cloves garlic, minced
- 1 tbsp salt
- 4 fish fillet (about a pound), frozen (sole, tilapia or whitefish)

Coating

- 2 tbsp cornmeal
- 1/2 cup bread crumbs
- 1 tbsp curry powder
- Bean or pea sprouts for garnish

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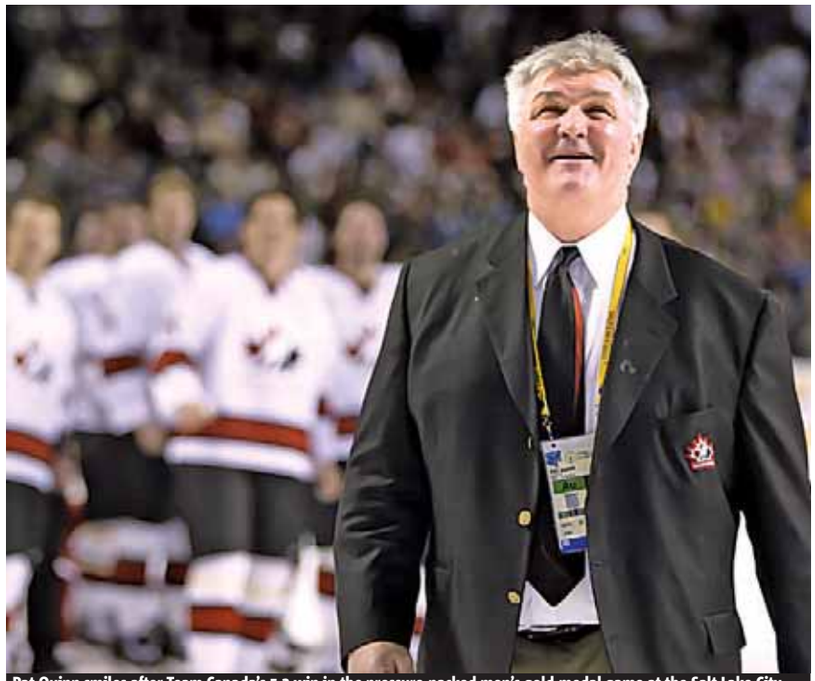
Hockey legend Pat Quinn remembered as gentle giant

'Big Irishman'. Coach, GM and executive succumbs to illness in Vancouver at age 71



Pat Quinn smiles after Team Canada's 5-2 win in the pressure-packed men's gold-medal game at the Salt Lake City Winter Olympic Games in February 2002. BRIAN BAHR/GETTY IMAGES

On the ice, behind the bench and behind his desk, Pat Quinn was an imposing figure.

"'The Big Irishman' is a guy that loves the game so much that when he walks in, you know hockey's in the room," longtime broadcaster and executive John Davidson said.

Quinn died Sunday night in Vancouver after a lengthy illness, the Hockey Hall of Fame and Vancouver Giants said Monday. Quinn, who was co-owner of the WHL's Giants, was 71.

The former NHL defenceman, longtime coach and executive went down fighting as colleagues raved about not only his hockey acumen but about the kind personality behind his gruff exterior.

Quinn led Team Canada to the gold medal at the 2002 Olympics in Salt Lake City, the country's first men's hockey gold medal in 50 years. He also coached the Vancouver Canucks to the 1994 Stanley Cup final, the Canadian world junior team to gold in 2009 and helped the Toronto Maple Leafs to the Eastern Conference final two times.

In 15 full seasons as an NHL coach, Quinn's teams missed the playoffs only three times.

That success came over the span of decades, as a coach and executive.

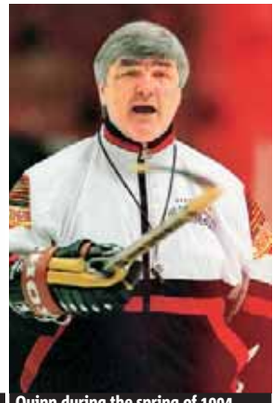
"He's not unlike a Scotty Bowman in that they're really bright guys," said former Washington Capitals GM George McPhee, who worked under him in Vancouver and made his son Graham's middle name Quinn as a tribute. "They were really intelligent and they could see the trends, they could see the fads, the things that were going to come and go and the things that would stay. Very perceptive and he adjusted and advanced."

Quinn was hailed by those close to him for having a heart to match his six-foot-three, 200-plus-pound frame. Maple Leafs director of hockey and scouting administration Reid Mitchell called Quinn a gentle giant who was a "larger-than-life kind of guy, in stature and even his smile."

Part of that stature was that he was as tough as they come.

"He's a real guy's guy. He's a man's man," Florida Panthers GM Dale Tallon said. "He's just a straight shooter and called it like it is." THE CANADIAN PRESS

Pat Quinn during his second season playing with the Maple Leafs in 1969. TORSTAR NEWS SERVICE



Quinn during the spring of 1994 when he coached the Canucks to the Stanley Cup final. GETTY IMAGES

Quinn's big hockey moments

- **Jan. 29, 1943:** John Brian Patrick Quinn is born in Hamilton.
- **1968:** Makes NHL playing debut with the Toronto Maple Leafs. Went on to play with the Canucks and Atlanta Flames before retiring due to ankle injury.
- **1980:** As head coach, Flyers amass a record-setting 35-game undefeated streak, Quinn leads the them to the Stanley Cup final before losing to the New York Islanders.
- **1987:** Joins the Vancouver Canucks as president and GM. Took on additional role of head coach in 1991.
- **1994:** Coaches the Canucks to the cup final only to be denied by the New York Rangers.
- **1998:** Named head coach of the Maple Leafs. Led club to Eastern Conference finals in 1999 and 2002.
- **2002:** As head coach, Quinn leads Team Canada to an Olympic gold medal in Salt Lake City.
- **2002:** During the 2002 Eastern Conference final, Quinn misses two games with heart problems. At the time, he said he felt "lousy" about watching the Leafs on television.
- **2004:** Quinn coaches Canada to gold in the World Cup.
- **2006:** With Quinn back at the helm, Canada fails to make the podium at the Turin Olympics.
- **2009:** Canada wins gold at the world junior hockey championship with Quinn behind the bench. Canada hasn't won gold since.
- **2009:** Edmonton Oilers hire Quinn as new head coach. He stays for only one season.
- **Nov. 23, 2014:** After a long illness, Quinn dies in Vancouver at the age of 71.

THE CANADIAN PRESS

Memories from those Quinn touched

"One of my favourite Pat Quinn moments was him in tears on our bench after winning gold in Salt Lake. He said women inspired the men. #patsbench"

Hayley Wickenheiser, six-time Olympian in women's hockey (on Twitter)

"He had a presence in the dressing room that demanded respect and had a way of talking and getting the guys ready for each game that really got the best out of the teams that he coached."

Mats Sundin, former Leafs captain

"He was a great man because he cared. He loved his players and people; the fans are connected because of his passion."

Trevor Linden, former Vancouver Canucks' captain

"RIP Pat Quinn. 1st phone call after winning in 2010 was from him, a beautiful Canadian. I will never forget that. Thoughts are with his family"

Scott Moir, gold-medal-winning figure skater (on Twitter)

Pablo Sandoval, the 2012 World Series MVP, has agreed to a multiyear deal with the Boston Red Sox. JAMIE SQUIRE/GETTY IMAGES

MLB. Panda trading in Rice-A-Roni for chowda

Kung Fu Panda is moving to Boston.

Free agent third baseman Pablo Sandoval and the Boston Red Sox have agreed to a multi-year contract, and the switch-hitting slugger informed the San Francisco Giants he's leaving.

"Got the call. He is going to the Red Sox," Giants assistant general manager Bobby Evans said Monday.

Sandoval, the 2012 World Series MVP, had pondered an offer from the Giants worth close to $100 million over five years, a person with knowledge of that proposal said, speaking on condition of anonymity because no deal had been announced by the Red Sox.

Sandoval hit .279 with 16 homers and 73 RBIs in 157 regular-season games for the Giants this past season. He posted a .366 average in the post-season with seven doubles and five RBIs.

THE ASSOCIATED PRESS

CFL

Argos' Ray has operation on throwing shoulder

Toronto Argonauts quarterback Ricky Ray underwent surgery Tuesday morning to repair the torn labrum in his right shoulder as well as a small tear in his right rotator cuff.

The Argos said in a statement that the surgery was successfully performed by doctors in Cleveland.

THE CANADIAN PRESS

Brazil

Pele hospitalized for evaluation

Brazilian soccer great Pele has been hospitalized for a "medical evaluation."

The Albert Einstein hospital in Sao Paulo says the three-time World Cup champion is "stable" after being admitted late Monday.

Brazilian media says Pele has a urinary infection, but the information could not be immediately confirmed by the hospital.

THE ASSOCIATED PRESS

NFL. Out of snow-filled Buffalo, Bills bury Jets

Kyle Orton threw two touchdown passes, Robert Woods pulled off a slick one-handed catch and Scott Chandler added a snow-themed celebration as the Buffalo Bills shook off a rough week and drubbed the New York Jets 38-3 on Monday.

Heavy snow in the Buffalo area moved the game to Detroit, but there were plenty of Bills fans in attendance at Ford Field. Buffalo (6-5) couldn't even practise before arriving in Michigan on Friday, but it was the Jets (2-9) who looked out of sorts all night.

Orton threw a seven-yard touchdown pass to Woods in the first quarter, and the second-year receiver's one-handed catch set up another touchdown in the second. Chandler caught a 19-yard scoring pass from Orton to make it 14-3 late in the half.

THE ASSOCIATED PRESS

Mr. Plow

Scott Chandler celebrated his touchdown reception by mimicking a shovelling motion in the end zone.

Raps block out Suns for 5th straight win

NBA. Valanciunas tallies 27 and 11 to keep Dinos on pace with Grizzlies at 12-2

The Raptors' Amir Johnson swats a loose ball away from the Suns' Markieff Morris and to a teammate at the Air Canada Centre on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Jonas Valanciunas scored a career-high 27 points and hauled down 11 rebounds in the Raptors' 104-100 victory over the Phoenix Suns on Monday — a victory that pulled Toronto even with Memphis for the best record in the NBA.

DeMar DeRozan added 23 points for the Eastern Conference-leading Raptors (12-2), who stretched their winning streak to five games.

Lou Williams added 17 and Kyle Lowry finished with 14 points, eight assists, and seven rebounds.

Eric Bledsoe had 25 points for the Suns, who were playing the finale of their six-game road trip.

The Raptors led for much of the night against a Suns team that had won four straight, and took an 81-66 advantage into the fourth quarter, quickly stretching it to 17. But the Suns, who were looking to end their road trip on a winning note, fought back and three consecutive three-pointers from Isaiah Thomas capped a 14-0 run that pulled Phoenix to within three points.

Thomas's fourth shot from behind the arc put the Suns within a point with 3:35 to play, Bledsoe converted a three-point play with just under two minutes to play to tie the game 98-98.

Patrick Patterson and DeRozan got their hands on two huge offensive rebounds, then Patterson drained two free throws to put Toronto up by two with 35 seconds left.

With the capacity Air Canada Centre crowd of 19,800 on their feet, Lowry grabbed a loose ball. He won the ensuing jump ball against Thomas, sealing Toronto's victory, and sending fans home happy.

Toronto visits Atlanta on Wednesday. THE CANADIAN PRESS

On Monday

Raptors	Suns
104	100

East's player of the week

A record-setting performance has earned Lou Williams NBA Eastern Conference player of the week honours.

- The backup Raptors guard had a career-high 36 points in Toronto's win over the Cleveland Cavaliers on Saturday to seal the first player of the week award of his career.
- In Toronto's 3-0 week, Williams averaged 23.7 points per game on 53 per cent shooting from three-point range. TORSTAR NEWS SERVICE

Lou Williams GETTY IMAGES

Ennis biding his time on Suns bench

Tyler Ennis GETTY IMAGES

Several of the Phoenix Suns were sitting courtside after shootaround Monday morning at the Air Canada Centre. They leaned back in their chairs, and lazily kicked off their shoes. Tyler Ennis walked by and scooped up each one, depositing the giant-sized sneakers in a nearby equipment bag.

He picks up shoes, he wears a pink Disney Princess backpack, he brings the team soap — it's all part of the life as an NBA rookie.

Unfortunately for Ennis, being a rookie has also meant going from averaging 35 minutes a night in college to zero minutes most nights with the point-guard-heavy Suns.

The 19-year-old from Brampton who was back in Toronto for the Suns' game Monday night against the Raptors, remains patient and optimistic. If he's not sweating on the court during games, he's doing it in the gym.

"I work out a lot as far as game days. I always try to stay in shape," Ennis said. "You never know what happens, one day you could not be playing, the next day you could be in the rotation. So as far as staying in shape, I always want to be ready, regardless of how much I played the day before."

Goran Dragic and Isaiah Thomas are ahead of Ennis on the Suns' depth chart, limiting the rookie to a total of 18 minutes in two games so far.

"But he's going to be a great player in the league," said Suns coach Jeff Hornacek.

"He's making great strides and he's going to do fine in this league." THE CANADIAN PRESS

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Are you working harder for ever smaller returns? Or is that an illusion, brought about by your insistence on measuring things in material terms. On a deeper level you are a lot better off.

♉ Taurus
April 21 - May 21
Ideas and insights are coming fast but because Taurus is such a down-to-earth sign you may be reluctant to act on a whim. But you must.

♊ Gemini
May 22 - June 21
If nothing adds up it can only be because you are using the wrong measuring tool. Put your current beliefs aside and everything will be clear.

♋ Cancer
June 22 - July 23
Jupiter, planet of expansion, links with Mars today, urging you to rise above the limits you have imposed on yourself. You will accomplish things you had only dreamed of doing.

♌ Leo
July 24 - Aug. 23
You like to be free to do things spur of the moment and nothing will stop you from following your instincts over the next 24 hours.

♍ Virgo
Aug. 24 - Sept. 23
Don't limit yourself to one particular environment today — get out into the world and see as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Feelings you thought you had outgrown or left behind will make a return over the next two or three days but they are nothing to worry about.

♏ Scorpio
Oct. 24 - Nov. 22
An important relationship will take a turn for the better over the next 24 hours, especially if you openly communicate your feelings.

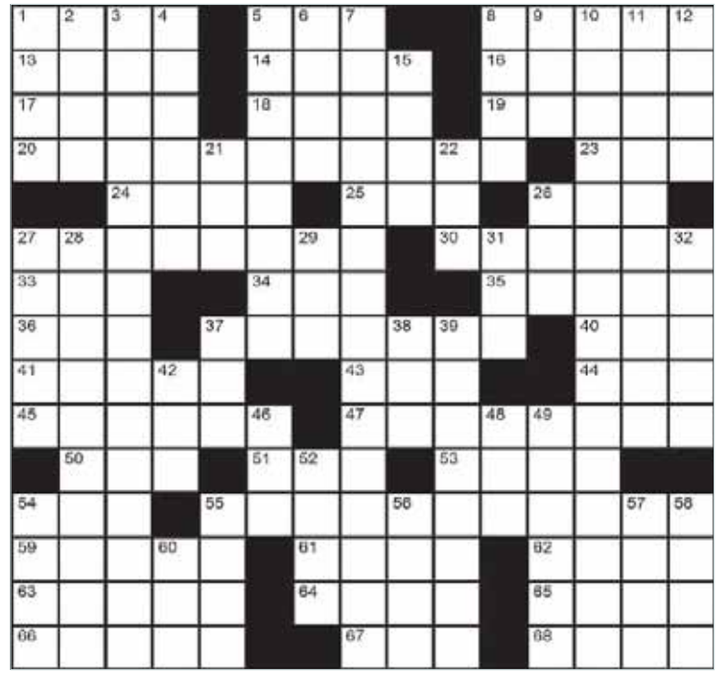
♐ Sagittarius
Nov. 23 - Dec. 21
Just because you see things differently to most other people does not mean you are out of step — it could mean you are the only one who knows where you are going.

♑ Capricorn
Dec. 22 - Jan. 20
There is a pattern to recent events. If you look carefully you will see it. Forces outside your control have been guiding you in a new direction. Not a bad thing.

♒ Aquarius
Jan. 21 - Feb. 19
Although Mars and Jupiter form a somewhat tense link today it could also be a useful link. It will certainly help you deal with any difficulties quickly and efficiently.

♓ Pisces
Feb. 20 - March 20
You know exactly what needs to be said or done to restore harmony at home or at work, so get on with it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



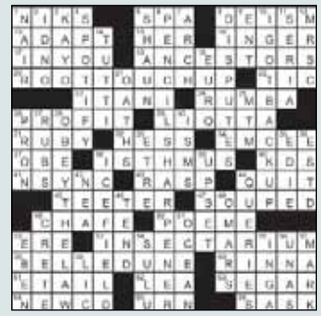
Across

1. Tunesmith Paul
5. Lettuce variety
8. Quebec's __ Peninsula
13. Humorist Mr. Shriner's
14. Harbinger
16. Particular plaudit
17. Organic compound
18. Gracious
19. Red Square's at-rest ruler
20. Steel-__ __ (Victorian-style shapewear)
23. Genetic info carrier
24. Beloved
25. Spacecraft riders, briefly
26. New newt
27. Harbour haul
30. Washington state city
33. "Tik __" by Ke$ha
34. Shakespearean word
35. Actress Sophia
36. Have payments
37. Gains back
40. Banned pesticide
41. Lyricist Sammy's
43. Train unit
44. "Phooey!", in ye olden days
45. "Buffy the Vampire Slayer" (1992) star Ms. Swanson
47. 1800s warship
50. Org. for Spike Lee, Steven Spielberg, Oliver Stone, etc.
51. Keats specialty
53. "Arriba": Hit for what Canadian dance music singer?
54. Cigarette danglee
55. One of two Neil Young songs that Lynyrd Skynyrd's "Sweet Home Alabama" is a response to: 2 wds.
59. Alicia Keys' "Brand __ __"
61. Canucks ...the first letter is a __ _, whilst the fifth, being little, isn't
62. Show allegiance
63. Entangle
64. Paving stone
65. Portion
66. "Dancing with the Stars" alum Ms. Sliwinska
67. Tripled letter
68. Li'l bootcamp officers

Down

1. Caught in _ __ of lies
2. El __ (Warm ocean current)
3. It leads to Dawson City in the Yukon: 2 wds.
4. Snoozing
5. Sidewalk surface
6. Puccini aria: "_ __ Babbino Caro"
7. Illuminati, and others: 2 wds.
8. Canadian composer Mr. MacDermot
9. __-inspiring
10. Born-in-Scotland Canadian engineer (b.1827 - d.1915) known for Standard Time: 2 wds.
11. Magazines and newspapers: 2 wds.
12. __ Turnblad, role in "Hairspray" (2007)
15. Chirper's creation
21. Water holder-backer
22. Cornerstone abbr.
26. __-friendly
27. Warehouse merchandise
28. E.M. Forster book-turned-movie: 2 wds.
29. Ms. Richie, to pals
31. Mr. Gore's
32. Staked, in poker
37. Alphabetic sequence
38. 'Jag' add-on (Posh car)
39. Externalizes
42. Intelligence org. in The States
46. __-hoo!
48. Neither here __ there
49. Population count
52. Gives nicknames
54. Newfoundland & Labrador town: L'__-au-Loup
55. Ms. Ward
56. Elevs.
57. Mine passage
58. Goalkeepers' guardees
60. "The A-Team" star, __. _

Yesterday's Crossword

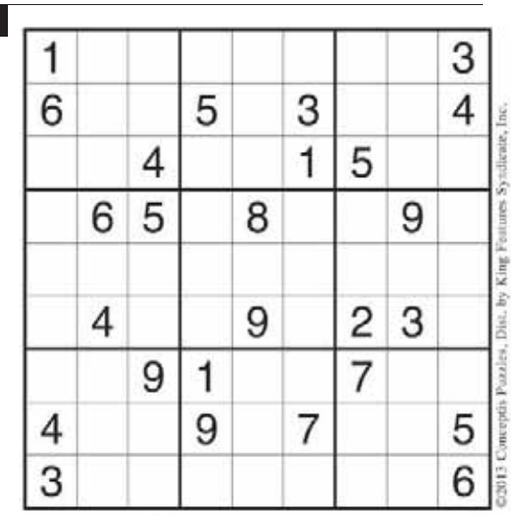


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

6	8	3	5	2	4	7	9	1
2	9	4	8	1	7	5	6	3
1	7	5	3	9	6	2	8	4
3	4	6	7	8	2	9	1	5
8	2	1	4	5	9	3	7	6
7	5	9	1	6	3	4	2	8
4	3	2	6	7	8	1	5	9
5	6	7	9	4	1	8	3	2
9	1	8	2	3	5	6	4	7

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